BIOCHEMISTRY

A New Domestic Treatise

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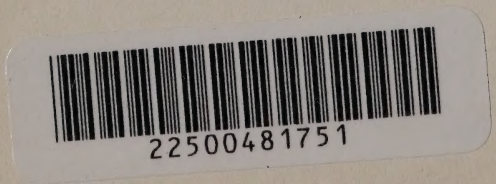

BIOCHEMISTRY

A NEW

Domestic Treatise

on the application of

Schuessler's Twelve Tissue Remedies

By J. B. CHAPMAN, M. D.

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Church Trees, Grantham.

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PREFACE.

RECOGNIZING the fact that Biochemistry is the one system of medicine which is adapted to domestic purposes—owing to the use of non-poisonous remedies, the simplicity of its *Materia Medica*, and the rational theory upon which it is based—the author boldly launches this work on its mission to the people, firmly believing that those for whom it is intended will receive it in the same helpful spirit in which it is given.

I have no desire to persecute or belittle the teachings of others; and where they have not seemed to interfere with the advance of medical science, I have aimed to treat them as if they were not. One should be filled with a spirit of charity toward all. The discoveries of the past have been stepping-stones to help us across the stream of ignorance. They have served a purpose, and for this should receive considerate treatment.

But we should not stop here; to do so would be criminal; there is no pause in progress—and for the sake of suffering humanity, for the sake of unborn generations, and for the sake of obtaining a knowledge of the truth, we should press forward toward the goal of perfection.

The author is not a pessimist; he believes in the universal brotherhood of man; he believes in the sincerity of the people as a whole; he believes they are striving for something better.

There may be individuals who, for the sake of acquiring power, position or wealth, would sacrifice the best

interests of their fellow-beings; but let us hope they are very few. There are those who would retard the wheels of progress; who would deliberately shut their eyes to dawning light—but let us be optimists and force ourselves (if necessary) to believe they represent a very small portion of the multitudes of earth. The great masses of humanity are liberal, and hail with joy the dawning brightness of a new era.

Biochemistry has, since its inception, been received with gladness by the sick and suffering of both the old and new world. And it carries healing in its train. From the sultry jungles of India to the fir-clad shores of Puget Sound, come testimonials of its curative powers.

In the present work I have endeavored to give a simple outline of Biochemistry; one adapted to the needs of the millions. My object has been to divest the subject of all technical words and phrases which serve to detract and mystify the average reader. I have aimed to make the arrangement so complete that none may fail in recognizing their diseases and adopt the wisest course to perfect a cure. Not forgetting the noble band of men and women who devote their lives and talents to the cause of suffering humanity; the physicians who run at duty's call—I have no desire to antagonize them in the publication of this work—on the contrary, it is by educating the people to a knowledge of the time when a physician is necessary, that his services are appreciated, and I would most earnestly advise the employment of a physician who uses Nature's remedies, in all diseases of a serious character.

To those who are deprived of the services of a medical adviser, or who are unable to obtain one at a moment's notice, this volume is particularly intended. If it shall

be instrumental in relieving the sufferings of even *one* of God's creatures, I shall feel amply repaid. Christ himself did not detract from the grandeur of his divinity by healing the sick, opening the eyes of the blind, and making the lame to walk.

Dear reader, I ask you to give the subject of Biochemistry a proper amount of study before praising or condemning it. I am satisfied that it will bear the closest scrutiny. If it is based upon unscientific principles, or will not stand the test of honest criticism, the sooner it falls the better. A house built upon the sand cannot stand.

If, after searching investigation, you are convinced the foundations are firm and solid, I ask you to discard the injurious use of poisonous drugs and employ Nature's remedies as medicinal agents. I am satisfied you will never regret the change.

That the shortcomings and defects of this little work may receive gentle treatment by its readers, and that its truths and instructions may be of inestimable value to many an afflicted one, is the wish of

Yours in sincerity,

J. B. CHAPMAN, M. D.

A BRIEF SKETCH

...OF THE...

Twelve Tissue Remedies.

HISTORY.

Biochemistry had its birth in 1832, when the following brief statement was written in Stapf's *Archiv:* "*All the essential component parts of the human body are great remedies.*" Another record was made in the same journal in 1846: "*All constituents of the human body act on such organs principally where they have a function.*"

At a later period, Grauvogl, in his Text-book, took some notice of those remarks.

In 1873, Dr. Med. Schuessler, of Oldenburg, Germany, wrote an article in the Leipzig *Homœopathic Gazette*, entitled: "A Shortened Homœopathic Therapeutics," in which he said: "*About a year ago I intended to find out, by experiments on the sick, if it were not possible to heal them, provided their diseases were curable at all, with some substances that are the natural, i. e., physiological function remedies.*"

Dr. Lorbacher, of Leipzig, made some criticisms on this article, and called forth a detailed reply from Schuessler, which ran through seven numbers of the journal. He denominated the new theory the "*Abridged System of Therapeutics.*"

Mr. H. C. G. Luyties translated Schuessler's original communication into the English language, and first published it in the *Homœopathic News.*

Later, Dr. C. Hering, one of the great apostles of the homœopathic school, wrote a small work on the "*Twelve Tissue Remedies,*" and "*recommended for investigation*" this interesting and valuable discovery. Several editions of the work were published in rapid succession.

The twelfth edition of Schuessler's work was translated by J. T. O'Connor, M. D., and another by M. Docetti Walker, of Dundee, Scotland, which was considerably enlarged by the addition of an appendix, popularizing the biochemic method.

Several years ago Doctors Boericke and Dewey, edited a work of 300 pages on the subject of "*The Twelve Tissue Remedies*" which was well received.

In the early spring of 1894, "*The Biochemic System of Medicine*" was published by F. August Luyties, and has already run through a large edition. All of the above works were written especially for the medical profession, and the author believes he is the first to give to *the people a thoroughly domestic treatise* on the subject of Biochemistry.

Since 1832, when the great key-note of Biochemistry was struck ("*all the essential component parts of the human body are great remedies*"), the subject has been thoroughly investigated and endorsed by thousands of broad-minded, progressive physicians of the old and new continents.

The sun of the new science peeped over the eastern horizon in 1832, and as the years roll on it mounts higher toward the zenith, bathing the world with its increasing warmth and brightness.

WHAT IS BIOCHEMISTRY?

The word *biochemistry* is derived from a Greek word—*bios* (meaning life)—and chemistry; therefore, its true meaning is *the chemistry of life.* But usage has given the word a different signification, and the following has been given as a more accurate definition: "That branch of science which treats of the composition of animal and vegetable matter; the process by which the various fluids and tissues are formed; the nature and cause of the abnormal condition called disease and the restoration to health by supplying to the body the deficient cell-salts."

Professor Moleschott, of Rome, says (and, indeed, it was these words which gave Schuessler his inspiration): "The structure and vitality of the organs *depend upon the presence of the necessary quantities of the inorganic constituents.*

"On this fact is based the high estimation in which of late years the subject of the relative preparations of the inorganic substances to the individual parts of the body have been held.

"This estimation neither proudly despises any fact, nor fosters, on the other hand, futile hopes; but promises both to Agriculture and Medicine a brilliant future.

"In the face of such positive facts, it can no longer be denied that the substances which remain after incineration or combustion of the tissues—the ashes—are as important and essential to the inner composition, and consequently to the 'form giving' and 'kind determining' bases of the tissues, as those substances which are volatilized during combustion.

"A glue-furnishing base and bone-earth are essential constituents of bone; without either there can be no true

bone; so also there can be no cartilage without cartilage-salt; nor blood without iron; nor saliva without potassium chloride.

"*Of earth and air man is made, and in death he returns to air and ashes, that plant life may in new forms develop new powers.*"

The human body is composed of two kinds of matter —*organic* and *inorganic.* The former greatly preponderates, but it does not follow that it is more essential to life than the latter; indeed, the organic could not perform its proper function without the inorganic.

It is upon the relative quantities of these two materials that life and health depend.

An analysis of the blood shows it to contain organic and inorganic matter which is constantly being built into the human structure.

The organic constituents are sugar, fats and albuminous substances. The inorganic constituents are water and certain cell-salts. The relative quantities in the human organism are about as follows: water, seven-tenths; cell-salts, one twentieth, and organic matter the remainder. Being so small in quantity, the cell-salts have, until lately, been thought to be of little importance. But now it is known that they are the vital portion of the body, *the workers, the builders;* that water and organic substances are simply inert matter used by these salts in building the cells of the body.

The twelve inorganic salts found in the ashes of the body are all essential to the proper growth and development of every part of the system.

They are the

Phosphates of	Lime, Calcarea phos. Iron, Ferrum phos. Potash, Kali phos. Soda, Natrum phos. Magnesia, Magnesia phos.
Chlorides of	Potash, Kali mur. Soda, Natrum mur.
Sulphates of	Lime, Calcarea sulph. Soda, Natrum sulph. Potash, Kali sulph.
Fluoride of and Pure Silica	Lime, Calcarea fluor. Silicea.

Should a deficiency occur in one or more of these workers, some abnormal or "diseased" conditions arise, and according as they manifest themselves in different ways and in different parts of the body, they have been given various names. *Every disease which afflicts humanity is due to a lack of one or more of these inorganic cell-salts. Health and strength can be maintained only so long as the system is properly supplied with these cell-workers or tissue-builders.*

Dr. Schuessler says: "The *inorganic substances* in the blood and tissues *are sufficient to heal all diseases which are curable* at all. The question whether this or that disease is or is not dependent on the existence of *fungi*, *germs* or *bacilli*, is of no importance in biochemic treatment. If the remedies are used according to the symptoms, the desired end, that of curing disease, will be gained in the shortest way. *Long-standing chronic diseases*, which have been brought on by over-dosing, excessive use of such medicines as quinine, mercury, etc., *can be cured* by minute doses of cell-salts."

Biochemistry seeks to ascertain what salts of the blood are lacking and supply them in just the form needed. Any disturbance in the motion of these cell-salts in living tissues, constituting disease, can be rectified and the equilibrium re-established by administering the same salts in small quantities. This is brought about by virtue of chemical affinity in the domain of histology. Therefore, this therapeutic procedure is styled by Dr. Schuessler, the Biochemic Method, and stress is laid on the fact that *it is in harmony with well-known facts and laws in physiological chemistry and allied sciences.*

It is the blood that contains the material for every tissue of the body, that supplies nutriment to every organ, enabling it to perform its individual function; it is, indeed, *a microcosm*, able to supply every possible want to the animal economy.

When a plant droops for the want of water or for some fertilizing material which is necessary for its growth—and which is a constituent of the plant—*we know* that if the lacking materials are supplied, it will revive and bloom again. It is the same with the human system—it is composed of certain materials, and if they become deficient in quantity or disturbed in their molecular motion, disease and death is the result; to restore the system to its normal, healthy condition, it is only necessary to supply the deficient material, in a form which can be used by the blood.

Should the reader be desirous of pursuing further the subject of Biochemistry, he is referred to "*The Biochemic System of Medicine*," published by F. August Luyties. It gives in a concise manner the minutia of this grand, new, but exact science.

The author is adverse to closing this chapter without adding the following very excellent letter received from Dr. Clarence R. Vogel, which appeared in the *Homœopathic News*, feeling that the subject would be incomplete were it omitted:

"Without a doubt, *the greatest discovery made in the science of medicine in the past half century* is the Biochemic Theory; based, as it is, on scientific, logical deductions, it seems strange that these truths, so recently revealed, should have remained hidden from the conception of the medical investigator of this advanced era of medical research. While it is true that the theory of supplying deficiencies is, and has been, since its discovery, fought by the ablest, but I cannot say most liberal-minded, advocates of medicine, its principles are so simple that they can readily be grasped by any unbiased, unprejudiced mind.

"What is more rational, what more natural, founded as it is on natural law, that where there be a deficiency in one or more of the component parts of the constituents of an organism, that this deficiency will produce a deranged or a diseased condition; or more logical, than by the supplying of these lacking elements an equilibrium will again be restored and the organism returned to its normal condition? *Chemistry has demonstrated* that the human body is composed of water principally, of organic matter, and of lime, potassium, sodium, iron and magnesium, and that these last cell-salts enter into the composition, in their proper proportions, of every tissue of the body.

"Replying to the question: 'What is health?' a noted homœopathic professor unhesitatingly answered: 'An harmonious relation of all the organs of the body.' I

inferred that he meant the functions of the organs of the body must constantly be in harmonious relation. Had he gone a little deeper, he would have explained that the health of each individual organ, *per se*, was dependent upon the harmonious relation of each individual cell of which the organ was composed, and that the activity of each cell was in turn dependent upon its component parts, namely: the elements which in combination with the organic matter formed the cell—*cell-salts*.

"Schuessler solved the problem correctly when he stated that health was dependent upon the proper quantity and distribution of the inorganic materials of the system, and that a deficiency or an unequalization of any of these constituted disease.

"Tissue is not composed alone of the mineral or cell-salts, but of organic substances as well. One-twentieth of the human body is composed of the inorganic salts, the remainder water and organic matter. But the water and organic matter is inert and useless in *the absence* of the inorganic cell-salts. These salts are the *builders*, the workmen, who use the organic matter, albumen, sugar, oil, fibrine, and also water, to build up tissue. Therefore, a deficiency in these workmen will retard the processes of life. Without a proper supply of these builders in the blood, new tissue cannot be supplied as fast as the old decays, and it must be plainly seen that a lack of these workmen is the cause of disease.

"Are the laws of other schools of medicine based upon principles more in unison and accord with Nature's divine law—the supplying of deficiencies? Or, are they the deductions of more logical reasonings than the restoration to an equalization, to an equilibrium, or to harmony, by supplying that which is the direct cause of this disorganization?

It is sometimes found necessary or advisable to give what is termed an "*intercurrent*" remedy. This consists of a single dose of this remedy either once, twice or three times per day (generally morning and evening), in connection with the main remedies. It should always, if possible, be dissolved in a little water.

All of the tissue remedies will work better and quicker in hot water, in severe cases. The directions for giving the remedies in special cases will be found fully noted under the various diseases.

PRACTICAL SUGGESTIONS.

Local Applications.

Any of the tissue remedies may be used for local application to the parts affected, and where practicable *should* be used in connection with the internal remedy. Usually the cell-salt taken internally is indicated for the external use. The best method of local application is to dissolve a quarter teaspoonful of the remedy in one pint of *cold* or *hot water* and apply to the parts by means of cloths saturated with the solution. A dry cloth or oiled silk may be spread over all, to exclude the air.

In cases of *cuts, bruises, wounds, sprains, etc.*, the local application should be made immediately, and the results will be most gratifying.

In cases where poultices are necessary (as in boils, carbuncles, felons, etc.), the dry cell-salt may be sprinkled thickly upon the moist poultice. The use of *hot* or *cold* applications, should be governed by existing conditions, and somewhat by the feelings of the patient, if old enough to judge intelligently.

If the ailment is of a neuralgic order, or an inflammation, deeply seated in the tissues or involving an in-

ternal organ—heat will be acceptable; but if, on the other hand, the inflammation is superficial, cold will give relief.

BATHING.

This is a subject too often neglected by some, and greatly overdone by others. One can go to extremes either way. For ordinary purposes a bath from one to three times per week is ample, but a cold plunge each morning is, to many, very invigorating and beneficial.

The scope of this work will not permit of more than a few hints on this subject, as follows:

Do not bathe too often.

Do not bathe too little.

Do not stay in the water too long.

Put a little salt in the water.

Cold morning baths, followed by brisk rubbing, are invigorating.

After taking a hot water bath, *always* sponge off with cold water, followed by brisk rubbing and exercise, to restore the circulation. When bathing in ponds or streams, never go in feet first—it is liable to force the blood to the vital organs, causing congestion. Diving is sometimes objectionable, as it may cause headache or deafness. A better way is to *plunge* in with the limbs drawn well together.

The bath, of whatever kind, and especially the cold bath, should be followed by sufficient exercise to restore the natural warmth of the body.

Right here, is probably the best place to utter a word of warning to the feminine sex—*never bathe in cold water during or near a monthly sickness*—there are some who

can do so with impunity, but I have seen, in many cases, the most serious results follow a bath at this period. For this reason, I am convinced that the foregoing rule is on the side of safety.

EXERCISE.

This is of the utmost importance, and should *never* be neglected.

The method of exercise should be selected according to the necessities of each individual. Walking is excellent, but only the lower muscles are brought into use. Horseback riding, if the horse be not too "rough," is beneficial. Golf and tennis have come especially into prominence as healthful exercises, for not only are many muscles called into action, but the mind is constantly occupied. Rowing is an exercise of the same character, but is unavailable to many. Driving is a very poor method of exercising, but is better than nothing.

There are many games which call into play various muscles of the body and add greatly to the promotion of health, but the author wishes it distinctly understood that he is not countenancing some of the modern games of brutality. An accident in any game may be unavoidable, but when the rules of the game contemplate bruising and probably maiming the participants, it is time to refuse to recognize such as being in the field of *legitimate* exercise.

All exercise should aim to occupy the mind as well as the body. To forget one's self for the time is often a pleasure and will reflect its beneficent influence on the body. To be compelled to take a walk or ride is work, and the benefit derived will not be so great as were the exercise anticipated and enjoyed. Exercise should

be daily—should be within proper bounds—should be adapted to the individual, and, above all, should be attended with pleasure.

THE BOWELS.

The bowels should be kept as regular as possible. The colon is the sewer of the body; if it becomes clogged, the fetid matter is absorbed into the system; each organ is impaired and disease results. One movement each day is the average, although there may be extreme cases, either way, without apparent impairment of the general health. Regularity of the habit is an absolute necessity to good health. This fact is almost universally believed, and medicine venders, never slow to take advantage of an opportunity, have flooded the market with every conceivable compound, capsule and pill to act upon the alimentary canal. The practice of taking these drugs indiscriminately is equally pernicious in its effects as habitual constipation.

Many of the preparations now before the public leave the bowels in a much worse condition than before using. If anything should be needed besides proper exercise, the author would recommend the use of simple herbs, such as cascara bark, dandelion, Oregon grape, etc.

Luyties' Tablets No. 66 can also be used as a safe and efficient laxative, one tablet being given night and morning when necessary. This will in no way interfere with the curative action of the tissue remedies, but will prevent the ill effects of constipation until the body has been restored to health by the tissue remedies.

Massaging the abdomen, eating coarse foods, bran, apples, etc., are very beneficial. The action of the mind also exerts a wonderful effect upon the bowels;

right thinking, then, is always necessary for proper evacuations. The subject should avoid straining while at stool, as it is likely to cause piles, uterine prolapsus, inflammation of the kidneys, and other serious troubles. Enemas of hot water in which a little common salt has been dissolved is of great benefit, if enough is taken to thoroughly flush the colon. In fevers and other low diseases, an occasional flushing of the bowels is of the utmost importance. It will lower the temperature and soothe the patient much better than any cathartic will do. If I were to sum up, in two words, the best methods of keeping the bowels in good condition, I should say, *exercise* and *regularity*. The rigid practice of these would soon have a marked effect upon the human race.

URINE.

Of all the bodily excrements, the chemical character of the urine should demand the greatest attention. It is very frequently the indicator of serious organic disease. A proper knowledge of the condition of the urine, at the right time, would often result in the prevention of diseases which are practically incureable if allowed to progress for any considerable length of time.

Should any marked change in the quantity or quality of the urine occur, a chemical analysis should be made at once.

The urine in health is of a light yellow or straw color, remaining clear after standing, precipitating no sediment and possessing a slight ammoniacal odor. In females it is generally of a lighter color, and at times accompanied by a slight degree of sediment, which is not always an unhealthy sign. Food, disease, old age, mental emotions, etc., materially affect the character of

the urine. In order to make a proper test of the urine, a portion of that which is passed on first arising should be put into a perfectly clean bottle, tightly corked and delivered to a physician or chemist.

DIET.

The diet, both in health and during disease, must be suited to the peculiarities of constitution in individuals. That which is food for one, sometimes is poison to another. For instance: while milk is a generally healthful food, some persons cannot take the smallest quantity without serious inconvenience; others throw out a rash after partaking of fish; and others, still, cannot bear certain kinds of fruit. Each individual must be a law unto himself.

Of course, during the existence of disease, certain kinds of food should be prohibited, but as a rule, under biochemic treatment, the practice of eating small quantities, well masticated, is all that is necessary. Under this rule, if rigidly enforced, the diet may consist of almost anything within reason. In fevers, and other highly inflammatory conditions, meats and other heat-producing foods should be avoided.

The appetite is Nature's method of choosing that which the system needs, but it should always be governed by reason, not so much in the selection of foods, but in regard to their quantity and preparation. A distinction must be drawn between the *true* and the *false* appetite. The latter is generally acquired, and craves spirituous liquors, highly-seasoned food, etc., which is detrimental to health.

During the prevalence of disease the appetite is a true indicator of the needs of the system. It will frequently

call for things which, to our preconceived ideas, seem outrageous, but Nature knows best, and a careful observance of her wishes will bring grand results. But in obeying the "cries" of Nature, we should, as I said before, be cautious as to the quality and quantity given. In chronic cases the rule to follow is: eat those things which seem to agree, and *avoid* those which disagree.

For beverages, water, toast-water, milk, milk and water, cocoa, unspiced chocolate, arrow-root, gruel, barley-water, sugar and water, rice-water, and, in some cases, weak black tea—is sufficient for all purposes.

Green tea or strong black tea, coffee, malt liquors, wine, spirits and stimulants of every description, should be prohibited. They are not constituents of the human system, and are, therefore, totally unnecessary for its sustenance.

HABITS.

To quote a celebrated authority on the subject: "As regards habits, it may be briefly observed, that a regular method of living, avoiding ill-ventilated apartments, late hours, dissipation, overstudy, anxiety, and other mental emotions, and taking sufficient air and exercise, are the best preservatives of health."

As the above covers the whole subject, nothing more need be added.

CAUTION.

Great care should be exercised in purchasing the tissue cell-salts. There is nothing easier to substitute than the biochemic remedies. Some druggists have, in order to bring discredit upon the new system of treatment, stooped to substitution, therefore it becomes very necessary that great care should be taken, and no remedies purchased except from a pharmacy which is entirely above suspicion.

THE PREVENTION OF ILLNESS.

The old proverb, "an ounce of prevention is worth a pound of cure," is nowhere more true than in the case of bodily illness. To prevent disease is wiser, safer, and cheaper than to cure it.

This is, of course, impossible to do in every individual case, as unforeseen diseases are always liable to attack one. There is, however, one precaution that everyone can employ. This is the preventive treatment of seasonal diseases.

During the Winter, coughs, colds, pneumonia, bronchitis, and similar troubles of the nose, throat and lungs are prevalent. These are caused by a deficiency of *Kali Mur.* and *Ferrum Phos.* in the system, brought about by the sudden changes of temperature and exposure to cold, drafts of air, etc. By taking *Kali mur.* and *Ferrum phos.* regularly, and thus maintaining a reserve supply of these salts for the body to call upon at need, disease may frequently be prevented, and an attack of possibly dangerous illness warded off.

In the Spring a condition of anemia exists in the majority of people, manifested by fatigue, lassitude, inability to concentrate the mind on work, and a vague feeling of discomfort, frequently known as "spring fever." *Ferrum phos., Natrum phos.* and *Calcarea phos.* are the lacking salts which cause anemia, and a persistent use of them during the months of March, April and May is a wise defense against the possibilities of "spring fever." If preferred, Luyties' Tissue Tonic, in which these cell salts are embodied, may be taken instead.

During the summer months, digestive and intestinal troubles are most frequent, and to provide a reserve supply of cell salts, *Kali mur., Natrum phos.* and *Natrum sulph.* should be taken regularly during June, July and August.

The Fall months are the period when the sudden changes of temperature and chilly nights act powerfully on systems weakened by the heat of Summer, and a plentiful supply of *Kali mur.* and *Ferrum phos.* should again be taken into the system.

In this way, throughout the year, a reasonable amount of precaution may be taken against disease. Furthermore, during epidemics of "flu," scarlet fever, measles, and other troubles, the cell salts lacking in such diseases, and which may be found by consulting the article on each disease in this book, should be taken regularly as a preventive. Again we impress the adage, "an ounce of prevention is worth a pound of cure."

THE TWELVE TISSUE SALTS.

CALCIUM FLUORIDE.

(Calcarea Fluor.)

Calcium fluoride, like the *phosphate*, works with albumen, but makes elastic fiber with it instead of bone. It is a constituent of the enamel of teeth, connective tissue, and the elastic fiber of all muscular tissue.

A deficiency of elastic fiber in muscular tissue causes a relaxation of the tissue, and is a primary condition in a large number of diseases.

It is indicated in all ailments which can be traced to a relaxed condition of the elastic fibers, including dilatation of the blood vessels, blood tumors, piles, enlarged and varicose veins, hardened glands, falling of the womb, etc.

It is also indicated in diseases affecting the covering of bones and the enamel of the teeth.

The symptoms of this remedy are all worse in damp weather, and are relieved by rubbing and fomentations.

CALCIUM PHOSPHATE.

(Calcarea Phos.)

This is the great bone cell-salt, and takes a most prominent part in the treatment of disease, owing to its affinity for albumen.

This salt works with albumen, which is always present in the organism, but is rendered non-functional when a deficiency of *lime phosphate* occurs.

Bone is fifty-seven (57) per cent *phosphate* of *lime*, and without it no bone can be formed.

Calcarea phos. uses albumen as a cement to build up bone structure. It enters largely into the formation of teeth, hence is a valuable remedy in childhood.

Calcarea phos. is also found in the gastric juice, and plays an important part in assimilation and digestion. It is closely allied, in some respects, to *Magnesia phos.*, and is frequently given after that remedy, though indicated, fails to act.

The sphere of this cell-salt includes all bone diseases, whether inherited or due to defective nutrition. It is the remedy in anemia and chlorosis; convulsions and spasms in weak scrofulous subjects; in teething, when the teeth are slow to make their appearance or decay too rapidly. In convalescence after acute disease, and in chronic wasting diseases, it acts as a tonic, building up new blood corpuscles and restoring lost vitality.

Deficient development of children and young people; emaciation; spinal weakness and curvature. It aids the union of fractured bones. Cold, motion, change of weather, and getting wet, generally aggravates the symptoms. Relieved by rest, warmth, and by lying down.

CALCIUM SULPHATE.

(Calcarea Sulph.)

Sulphate of lime is used to clean out an accumulation of heteroplasm in the interstices of tissues; to cause the infiltrated parts to discharge their contents readily and throw off decaying matter.

A deficiency of this salt allows suppuration to continue too long.

It is indicated in the third stage of all suppurative processes, including catarrhs, lung troubles, boils, carbuncles, ulcers, abscesses, etc. It is also indicated in

pimples and pustules of the face; in the suppurative stage of gonorrhœa; in fact, in all cases of true suppuration.

Silicea hastens the suppurative process, while *Calcarea sulph.* closes up the process when the proper time comes.

All suppurations do not call for this salt, except in connection with some other, but the true indication is a thick, heavy, yellow pus or matter, and sometimes mixed or streaked with blood.

Calcarea sulph. symptoms are aggravated by getting wet or by washing or working in water.

In all suppurative processes it should be used locally as well as internally.

PHOSPHATE OF IRON.

(Ferrum Phos.)

Ferrum phos. is the great remedy for inflammatory conditions. It has an affinity for oxygen, and carries it to all parts of the body. It gives strength or toughness to the circular walls of the blood vessels, especially the arteries.

Without a proper balance of *iron phosphate* in the blood, health cannot be maintained. It colors the blood corpuscles red. A deficiency of this salt is the cause of all inflammatory conditions, colds, coughs, etc.

For all such conditions, whenever there is inflammation, under whatever name it may be known, *Ferrum phos.* is the chief remedy.

It is indicated in all cases depending upon a relaxed condition of the muscular tissue, and in abnormal conditions of the corpuscles of the blood themselves. In all febrile disturbances and inflammations, at the com-

mencement, before exudation has begun. The symptoms of these disturbances are: flushed face, fever, quick, full pulse, hot, dry skin, thirst, pain and redness of the parts.

In anemia it is excellent for its tonic action.

Ferrum phos. symptoms are always aggravated by motion and relieved by cold.

POTASSIUM CHLORIDE.

(Kali Mur.)

Potassium chloride must not be mistaken for *potassium chlorate*—or, *chlorate* of *potassium*—which is an entirely different salt.

Kali mur. works with and creates fibrine; it accomplishes this by uniting with pure albumen. Fibrine is used in every tissue of the organism, except bone.

Albumen is manufactured into fibrine by the workers (molecules of *potassium chloride*) and used for building purposes.

In inflammatory exudations we find fibrine in the serous cavities, such as the pleura and peritoneum, and on the mucous membrane, as in croup, diphtheria, catarrh, etc. It follows *Ferrum phos.* in all inflammatory conditions.

The great "key" symptom for the exhibition of this remedy is the white or gray exudation, coating of the tongue or mucous lining of throat or tonsils. It is indicated in glandular swellings, discharges or expectoration of a thick, white, fibrinous consistency, white or gray exudations.

Excellent in catarrhal conditions with the above symptoms. It is the chief remedy in croup, diphtheria, dysentery and pneumonia, to control plastic exudation.

It should be given in alternation with *Ferrum phos.* in coughs, deafness from catarrh of the eustachian tubes, skin eruptions with small vesicles containing whitish-yellow contents, and ulcerations with swelling and white exudations. Leucorrhœa with above colored discharges.

Symptoms are generally worse from motion; stomach and abdominal symptoms are aggravated after taking rich and fatty foods.

POTASSIUM PHOSPHATE.

(Kali Phos.)

This is the great nerve and brain remedy. *Kali phos.* unites with albumen and other organic matter to form the gray matter of the brain.

Some one has happily called it the "*elixir of life*," which is not an exaggeration when we consider that the mind has almost if not absolute control over the functions of the body; a diseased mind usually advertises a diseased body.

When nervous symptoms arise, it is due to the fact that *potassium phosphate* molecules have been overdrawn and a deficiency occurs. *Potassium phosphate* is the only true remedy for this condition, because nothing else can possibly supply the deficiency.

It is the greatest blessing in medicine the world has ever known, and when its range is thoroughly understood by the whole medical profession, insane asylums will be largely decreased. Wherever a disease can be traced to a nerve degeneracy, we enter the field of *Kali phos.*

Some of its indications are as follows: Loss of mental vigor; poor memory; prostration; depression; brain-fag;

softening of the brain; septic hemorrhages; gangrene; offensive breath; foul diarrhœa or dysentery; typhoid conditions; dizziness and vertigo due to nervous exhaustion; incontinence of urine from paralysis of sphincter muscle; paralysis in any part of the body. Tongue coated as if spread with dark, liquid mustard.

Many of its symptoms are aggravated by noise; by physical or mental exertion; by beginning to move after rest; pains worse in cold air. Symptoms are relieved by gentle motion, eating, rest, excitement or anything which diverts the mind and aids in restoring the deficient nerve force.

For its exact therapeutic application, see under the different diseases.

POTASSIUM SULPHATE.

(Kali Sulph.)

Kali sulph. is a carrier of oxygen, as well as of organic material, to the cells of the skin. It furnishes vitality to the epithelial tissues, and is a constituent of the scalp.

It has an affinity for oil, hence its secretions are sticky, slimy, etc. It corresponds to the third stage of all inflammatory conditions, when the secretions are light yellow, slimy, sticky, watery or greenish matter.

Slimy, yellow coating on the tongue. Diseases of the chest, consumption, pneumonia, bronchitis, etc., when the exudation is slimy, thin, yellow and watery.

Skin diseases, with sticky yellowish secretions.

Scarlet fever, when the skin has begun to peel off; dandruff, yellow scales; catarrh of the stomach, with slimy, yellow coating on the tongue; catarrh of bowels, leucorrhœa, diarrhœa, etc., if the discharges answer

the above description. Menstruation, too late and scanty, with weight and fullness in abdomen; sudden suppression or retrocession of eruptions of measles, small-pox, scarlet fever, etc. It promotes perspiration, opens the pores of the skin, and throws the blood to the surface.

All of its symptoms are aggravated in a warm room and toward evening, and are relieved in the cool, fresh air.

MAGNESIUM PHOSPHATE.

(Magnesia Phos.)

The work of *Magnesia phos.* is chiefly confined to the delicate white nerve-fibers of the nerves and muscles.

It uses albumen and water to form the transparent fluid which nourishes these white threads or fibers.

A deficiency of this salt in the fiber allows it to contract, hence it produces spasms, cramps, convulsions, etc. When this contraction takes place, there is pressure on the sensory nerves, and this gives rise to sharp, shooting, darting or neuralgic pains, in any part of the body.

This salt is Nature's *anti-spasmodic;* and given in hot water will produce grand results.

In spasmodic conditions, the end to be desired is to relax the muscles, and can be accomplished only by relaxing the motor nerves.

This can be done, easily and naturally, by supplying the deficiency of the cell-salt which has caused the trouble. *Magnesia phos.* is indicated in all diseases having their origin in the white nerve-fibers. It is particularly indicated in lean, thin, emaciated persons of a highly nervous temperament. It should be given in all forms of spasms, in cramps, lock-jaw, St. Vitus'

dance, epilepsy, spasmodic retention of the urine, colic, palsy, etc.

Neuralgic pains (sharp, shooting, darting) in the head, face, teeth, stomach or abdomen, call for this remedy. The patient is languid, tired and easily exhausted.

All pains are lightning-like, shooting or boring, and change their location frequently.

Magnesia phos., pains are worse on the right side, from cold air, cold water and by touch. They are relieved by heat, firm pressure, friction, and by bending double.

In acute diseases, give *Magnesia phos.* in hot water, as heat aids the action of the remedy.

SODIUM CHLORIDE.

(Natrum Mur.)

Natrum mur. works with water and properly *distributes* it through the organism. The body contains more of this cell-salt than any other, except the *phosphate* of *lime.* The necessity of this will be seen when we learn that our bodies are composed of about seventy (70) per cent water, which in the absence of *sodium chloride* would be inert and useless. It is the power that this cell-salt has to use water that renders it of any value to mankind.

The same principle holds good in vegetable life.

Any deficiency in this cell-salt causes a disturbance of the water in the human organism, because it has lost that element which renders it fit to perform its allotted task.

There sometimes occurs an excessive dryness of some mucous membrane, while another may be discharging

copiously a watery fluid. This is due to an unequalization of the water in the system, and *Natrum mur.* is the proper cell-salt to restore the equilibrium. It acts on the blood, liver, spleen, and every mucous membrane of the body.

Natrum mur. is indicated in headache, toothache, faceache, stomachache, etc., when there is either salivation or excessive secretion of tears, or vomiting of water and mucus. Also catarrhal affections of mucous membranes with secretion of transparent, frothy, watery mucus. Small watery blisters or blebs on the skin; diarrhœa, slimy, transparent stools; inflammation of the eyes, with discharge of tears; leucorrhœa, watery, smarting or clear, starch-like discharge.

Tongue clear, slimy, small bubbles of frothy saliva on the edges, sometimes salty taste in the mouth. *Natrum mur.* symptoms are usually worse near the sea-shore or by breathing salt air. Pains are periodical, worse in the evening. Complaints after using poisonous drugs. It washes the tissues and eliminates the drug from the system.

SODIUM PHOSPHATE.

(Natrum Phos.)

Natrum phos. is the remedy in all cases where there exists an excess of acid in the system.

Sodium phosphate splits up lactic acid into carbonic acid and water, and throws it off through the lungs. It has an affinity for sugar, and assists in eliminating any excess from the blood. A lack of proper balance of the alkaline cell-salt in gastric juice will allow ferments to arise, and so retard digestion that the lining of the stomach quickly becomes involved. *Natrum phos.*, by its affinity for lactic acid, cures diseases wherein the acid is

apparently in excess. It cures sour belchings and risings of fluids; sour vomiting; greenish, sour-smelling diarrhoea; colic, spasms and fever, when due to acid conditions of the stomach; all gastric derangements, when acidity is present; intestinal, long or pin worms; yellow, creamy discharge from the eyes.

The tongue indication for the use of *Natrum phos.* is a moist, thick, golden-yellow coating, either on the tongue or palate.

All exudations which are creamy, golden-yellow call for this cell-salt.

SODIUM SULPHATE.

(Natrum Sulph.)

This cell-salt is found in the intercellular fluids, and its principal office is to regulate the *quantity* of water in the tissues, blood and fluids of the body. It has an affinity for water to that extent that it eliminates the excess from the blood and blood serum. It also works with the bile, and keeps it in a normal consistency.

Sodium phospate splits up lactic acid into carbonic acid and water: this leaves a residue of water to be gotten rid of.

Natrum sulphate performs this work; each molecule of the cell-salt has power to take up and carry out of the organism two molecules of water.

Remember the action of these three sodium salts. *Sodium phosphate creates* water, by breaking up lactic acid; *Sodium chloride distributes* water; and *Sodium sulphate regulates* the *quantity* of water in the system.

Natrum sulph. is indicated when there is a dirty, brownish-green, or grayish-green coating on the root of the tongue; dark green stools from excess of bile; jaun-

dice; dropsy, from disease of the liver; biliousness; excess of bile, bitter taste, greenish diarrhœa and vomiting of bile. Bilious headache; dropsy after scarlatina. Intermittent fever with vomiting of bile. Diabetes, when the liver is at fault. Erysipelas, with smooth, red, shiny skin, also swelling of the skin. Vomiting in pregnancy, with bitter taste; watery yellowish secretions on the skin. Any disease which can be traced directly to an excess of water in the tissues, blood or blood serum is cured by this cell-salt.

Natrum sulph. symptoms are worse in the morning and in damp, rainy weather; better in dry, warm atmosphere.

Symptoms aggravated by using water in any form. Living in low, marshy places, damp buildings, basements, or eating water plants, fish, etc., will cause a molecular disturbance in *Natrum sulph.* and produce diseases similar to the above.

SILICA.

(Silicea.)

This salt works with albumen and fibrine. The exact chemical action of *Silicea* in the human organism, has never been clearly understood, or, at least, explained.

A physician advances the rather novel, yet probable, theory, that in suppurative processes, such as boils, abscesses, carbuncles, etc., it takes the place of the lance and cuts its way through the skin to the surface, thereby liberating the accumulated mass of disorganized, non-functional organic matter. *Silica* is pure flint or quartz, and, of course, its molecules, though infinitesimal, are sharp pointed, and would become excellent instruments in the hands of Nature.

Although the physiological action of the cell-salt has not been fully demonstrated, yet its symptoms have been carefully studied, and its curative action, in diseased conditions, thoroughly proven.

It is an excellent remedy for deep-seated suppurations.

It promotes the discharge of pus, therefore, it is indicated when there is hardness, with suppuration or threatened suppuration. Carbuncles; swellings, which are hard and threaten to suppurate; styes on eyelids; chronic syphilitic indurations; suppurating glands; nocturnal epilepsy, worse with change of moon. Menstruation, associated with icy coldness, constipation and fetid foot-sweats; gouty deposits in large joints of fingers.

Silicea symptoms are always worse at night, during full moon, in the open air, and from suppressed foot-sweats; relieved by the application of heat and warmth.

APPLICATION

...OF THE...

Twelve Tissue Remedies to Disease.

ABSCESS.

CAUSE.

Abscesses are of two varieties: acute and chronic; but they both consist of collections of purulent matter, resulting from morbid action; or, in other words, certain inorganic cell-salts having fallen below the natural standard in quantity in the blood and blood serum, the organic matter controlled by those salts becomes useless in the system and is thrown out.

Any diet, exhausting disease, or long-continued mental strain, which will eventually produce "poor" blood, is liable to cause the formation of abscesses.

SYMPTOMS.

The acute abscess is preceded by inflammation of the affected part, which is followed, later on, by suppuration. The commencement of the suppurative stage is noticeable by a change in the description of the pain, which becomes more dull and throbbing, and the part swells. The chronic differs from the acute form, principally in that the latter is preceded by inflammation, while in the former it is entirely absent until swelling commences; it is also of a more unhealthy character. When the abscess is mature, it becomes pointed, the skin is soft at the apex, and finally breaks and throws out its contents. The cavity will generally heal spon-

taneously, but it not infrequently happens that the discharge continues indefinitely.

Abscess differs from a boil, in that the latter has a "core."

BIOCHEMIC TREATMENT.

Ferrum Phos.—First or inflammatory stage, heat, pain, congestion and fever. Give early in alternation with *Kali Mur.* to abort swelling and suppuration.

Kali Mur.—Second stage, for the swelling, before pus has begun to form (alternate with *Ferrum Phos.*). Notice tongue symptoms.

Silicea.—After *Kali Mur.*, when pus has commenced to form. It will assist suppuration, cause the abscess to ripen and often break without surgical interference. Should also be given after the tumor has broken and is discharging its contents.

Calcarea Sulph.—After *Silicea*, if the discharge continues too long and the wound refuses to heal, owing to a torpidity of the tissues.

Calcarea Fluor.—When the suppurative process affects the bone, causing it to throw off splinters. When the abscess or suppurating wound has a hard, callous edge.

Natrum Sulph.—Fistulous abscess of long standing. Discharge of watery pus, and when the wound is surrounded by a dark, bluish border.

Kali Phos.—When the discharge becomes unhealthy; pus is bloody, ichorous, offensive and dirty looking. Also for the septic conditions and effects on the nervous system.

Calcarea Phos.—Intercurrently, to promote the formation of purer and "richer" blood.

SUGGESTIONS.

The above treatment is identical for all suppurative processes, such as Boils, Carbuncles, Lymphatic Tumors, etc. The remedies, as indicated, should be used locally as well as internally, either in water or rubbed in vaseline—water is better. Where the abscess is nearing maturity, a poultice on which *Silicea* has been sprinkled, should be applied to hasten suppuration. It sometimes becomes necessary to use the lance when the abscess is situated in excessively hard tissue, or is liable to discharge into any of the cavities of the body. The diet should be as nourishing and as easy of digestion as possible. During the first or inflammatory stage, animal food should be avoided for a time. Alcoholic drinks, of any kind, are extremely deleterious in these conditions.

Silicea in Suppurations.

Young lady, aged 16. Had suffered for several months from her right foot. Physicians declared that the foot must be amputated. Was fearfully swollen and discharging large quantities of matter. Her leg was almost bent to a right angle, at the knee joint, and could not be moved. I prescribed *Silicea*, one dose daily. In three months the patient walked to my office without assistance. The foot was almost completely healed, with only a slight discharge of matter.

(FROM SCHUESSLER.)

Silicea in Suppuration of the Ear.

Case of discharge from the ear, which had been treated for a long time ineffectually, and caused the patient severe pain day and night. It was entirely cured with *Silicea*.

Silicea in Boils of the Nose.

Mr. A., was troubled with little boils around the edges of the nostrils. He had used many remedies without success. *Silicea* gave immediate relief.

AGUE.

(See Intermittent Fever.)

AMENORRHŒA.

(Suppression of the Menses.)

(See also Menstruation.)

CAUSE.

Suppression of the menstrual flow frequently occurs from accidental causes, such as: powerful mental emotions, taking cold, getting the feet wet, faults of diet, etc. In other instances it may arise from some other disease of the system, such as consumption, etc., and can only be removed by the cure of the primary affection.

SYMPTOMS.

Of course, the primary symptom is the cessation of the monthly flow, but secondary symptoms may arise of a very serious nature, such as, violent congestion of the chest, head or stomach, with cramps, convulsions, inflammations, etc.; in fact, there is no disease which could not appear in consequence of its suppression.

Occasionally, the menses will gradually disappear, without creating any immediate symptoms, and will frequently give rise to suspicion of pregnancy. This form of amenorrhœa usually arises from faulty diet, and should be corrected in order to make a radical cure. (See "Anemia.")

BIOCHEMIC TREATMENT.

Calcarea Phos.—When the suppression arises from anæmia due to faults of diet. Gradual suppression, pale face, tired, languid, no ambition.

Kali Phos.—Suppression due to mental strain, exhausting occupation, etc. Depression of spirits, lassitude and general nervous debility. Tongue coated like stale, brown mustard, bad breath, bad taste.

Kali Mur.—Suppression due to taking cold, wet feet, etc. White coated tongue and general inactivity of the glandular system.

Natrum Mur.—Suppression due to anæmic conditions, with headache, dullness and sadness.

SUGGESTIONS.

If the secondary symptoms should be severe, other remedies may be found necessary in alternation with the remedy indicated for the suppression. For spasms, convulsions, etc., *Magnesia phos.;* rush of blood to the head or chest, cold feet, etc., *Ferrum phos.* In such cases the diet should be very light, but in anæmic conditions without any severe symptoms the diet should be plain and nourishing. An occasional hot sitz-bath is beneficial to cause an engorgement of blood to the parts where needed.

Change of air, scenery, occupation, etc., is greatly to be desired, and there should be plenty of out-door exercise without incurring fatigue.

Suppressed Menses Relieved Quickly.

Clara V., aged 17. After being treated by an allopathic physician, for typhoid fever, was left with the following symptoms: Suppressed menses, contractor muscles of the knees so drawn as to form right angles,

ankles swollen and perfectly useless. *Kali mur.*, 3x, a dose every hour, brought the menses in seven days, after they had been stopped seven months. *Calcarea fluor.*, *Calcarea phos.* and *Kali phos.* corrected the other troubles, and she made a good recovery.

(DR. FARRELL.)

Kali Phos. in Suppression.

Young lady, aged 17. Troubled from the first with irregular and painful menstruation. Had not had a "show" for three months. She had taken "a peck of Pulsatilla, and much other stuff." I prescribed *Kali phos.*, 2x, one powder every two hours. Menstrual flow appeared without pain, normal quantity and color, in just three days.

(DR. G. L. F.)

ANEMIA.

(Bloodlessness.)

CAUSES.

Anemia means a lack of blood and also a lack of the important constituents of the blood. These constituents, or cell-salts, are the *phosphate of lime* and the *phosphate of sodium.* On account of the deprivation of these salts, the equilibrium of other salts may be disturbed, which would create a necessity for their administration medicinally.

Dr. Schuessler, himself, at first thought it necessary to administer *phosphate of iron* for the creation of red blood corpuscles but he has recently found that the lack of red corpuscles was a secondary symptom, due to the deficiency of the *lime phosphate.* There are many primary causes of anemia, such as: poor diet, mental worry, indigestion, poor assimilation, long continuance at school, profuse menstruation, etc.

SYMPTOMS.

Anemia is easily recognized by a general look of bloodlessness; pale face, sometimes greenish-white, dead, dirty look. Wounds heal slowly and the blood is frequently thin and watery. In females the menses are frequently irregular, scanty or too profuse.

BIOCHEMIC TREATMENT.

Calcarea Phos.—Is the chief remedy in this disease; it supplies new blood-cells, and should be given in alternation with any other remedy indicated. Face pale, greenish-white, bloodless. Anemia when nutrition is deficient; infants are thin, delicate and puny. Excess of white blood corpuscles in the blood. Anemia after wasting or exhausting diseases. Cold feet, hands, etc.

Ferrum Phos.—After the new blood-cells have been supplied by *Calcarea phos.*, if there still appears to be a deficiency of *red* blood-cells. It has the power of attracting oxygen.

Natrum Mur.—Anemia in young girls at puberty, blood is thin and watery. Menses the same and scant. Skin has a dead, dirty look. In alternation with *Calcarea phos.*

Kali Phos.—Anemia from long-continued mental strains, causing depression of the mind. After worry.

Kali Mur.—When eruptions of the skin exist in connection with anemia. In alternation with the chief remedy.

Natrum Phos.—Anemia in connection with indigestion, acid risings, golden-yellow coated tongue, etc.

Silicea.—Anemia in infants when improperly nourished, or when scrofula is present. Intercurrently with the chief remedy.

SUGGESTIONS.

Plenty of out-door exercise, but not excessive or fatiguing. Change of air and occupation is desirable.

Plenty of good nourishing food, but of such a character that it will not overtax the digestive powers. The remedies should be continued regularly for several months—but in small doses, and decreasing as the patient improves.

Calcarea Phos. in Anemia.

Lizzie F., aged 16, was troubled with anemia, being a veritable walking ghost; nervous, and without any strength. *Calcarea phos.* for the anemia, *Kali phos.* for the nervous symptoms, and a few doses of *Kali mur.* for slow monthly flow, made a wonderful change, and in five weeks her cheeks were rosy with returned health.

(DR. J. C. FARRELL.)

Kali Phos. in Anemia.

A lady, aged 29, mother of three children. She was very delicate, and in each case could nurse them but a few weeks or months, when exhaustion would compel her to wean them. She became despondent, discontented and a drudge to herself and family. She had doctored much with only temporary relief. I diagnosed the case as one of consecutive anemia, and prescribed *Kali phos.*, 3x, and cod liver oil. In three weeks she was a different woman, and declares that I will be the greatest physician who ever lived. *Kali phos.* is the greatest boon humanity can ever receive. (W. R. BOYER, *Medical Student.*)

The Tissue Remedies Promptly Relieved.

Two cases of anemia in young ladies, aged 19 and 21. Both presented the following symptoms: Pale, anemic countenance, great exhaustion, depression of spirits, violent frontal headache. The youngest had suffered

from this condition for six or seven years, and had been treated by several physicians without benefit. All their symptoms were promptly relieved, the color returning, even to rosy cheeks; the ears which were formerly almost translucent, became reddish and natural in color. The remedies used were *Calcarea phos.*, 12x, and *Ferrum phos.*, 12x, every alternate two weeks. The cure was permanent in three months. (DR. S. P. BURTICK.)

Anemia from Long Continuance at School.

Young lady, aged 17. Became anemic and chlorotic after long continuance at school. Had to leave school, greatly debilitated, loss of appetite, weak, no ambition, headache, irregular menses, absent for months. *Calcarea phos.* was given as the principal remedy, and *Ferrum phos.* intercurrently. A few months' treatment sufficed to make a cure. (C. T. M.)

APHTHÆ.

(Thrush.)

CAUSE.

Apthæ, or thrush, is commonly caused by the want of proper attention to ventilation, temperature, cleanliness of the infant, or the rubber nipple and bottle, if used, not having been carefully washed. Improper food may be another cause, as babes reared "by hand" are more liable to this affection than those depending upon the mother for nourishment.

SYMPTOMS.

This disease is recognized by the presence, on the mucous membranes of the mouth, of small, isolated, round, white vesicles, which, if allowed to progress, become confluent and sometimes present an ulcerated ap-

pearance, or form a thin white crust. Although this affection is not dangerous, it nevertheless causes considerable suffering, by preventing the child from nursing.

BIOCHEMIC TREATMENT.

Kali Mur.—Is the chief and, generally, the only remedy required. Internal and as a wash.

Natrum Mur.—If there is much "drooling" of salvia.

Ferrum Phos.—If fever symptoms are present.

SUGGESTIONS.

Carefully wash the mouth after nursing, with a soft linen rag dipped in water, diluted honey or a weak solution of borax.

The utmost cleanliness of all nursing appurtenances should be observed.

Thrush Cured in Two Days.

I was called to attend Baby L., who had thrush. The mouth was covered with a white coating and there was considerable fretfulness and fever present. Prescribed *Ferrum phos.* and *Kali mur.*, in the same solution; dose every hour. In two days she was reported well.

APOPLEXY.

CAUSE.

Apoplexy is a disease produced by congestion or rupture of the blood-vessels of the brain, and causing a sudden arrest of sense and motion, the patient lying as if asleep, while breathing and the heart's action continues. The exciting causes are: intemperance; mental emotions; blows on the head; intense study; wearing of tight articles of clothing, thereby obstructing circulation; prolonged stooping; the use of opiates; exposure to the rays

of the sun; lifting heavy weights; straining; violent vomiting; baths at too high a temperature; wading in very cold water; the suppression of natural discharges; accidental loss of blood, etc.

SYMPTOMS.

There are quite a number of varieties of apoplexy, and it is not always possible to decide whether simple congestion of the vessels of the brain or rupture has taken place. However, this would only affect the serious aspect of the case, as the biochemic treatment in either rupture or congestion will be the same. The attack is generally ushered in by the following symptoms: the patient suddenly falls to the ground and is deprived of sense and motion. The limbs are relaxed and motionless, or the whole of one side is rigidly contracted. The speech is either suppressed or a few gutteral sounds are all that can be uttered.

Countenance is flushed or livid and puffed; foaming at the mouth; respiration is slow and usually accompanied by a rough, harsh snoring; pulse varies, is usually weak at commencement, fuller and stronger as reaction approaches. Sometimes the patient is seized with partial paralysis, attended with loss of speech; pale, sallow or livid and bloated countenance. There are other symptoms, but the foregoing will be sufficient for a proper recognition of the disease.

The disease is of a *very serious* nature, and should call for the services of a competent physician *at once.*

There are premonitory signs of apoplexy, which, if noted in time, can be controlled by the proper remedies, and ward off an acute attack. These symptoms are: continual desire to sleep, heavy sleep with snoring,

nightmare; grinding of the teeth; extreme drowsiness; frequent yawning and fatigue after slight exercise. Sense of weight and fullness in different parts of the head; headache; swelling of the veins of the head; loss of memory; despondency; weeping; numbness; torpor or pricking sensations in the limbs; difficult speech, etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—The chief remedy, for the congestion of the blood-vessels and to control the bleeding if rupture has taken place. Flushed, livid or pale countenance; throbbing of the arteries and swelling of the veins of the head and neck. To prevent the attack or control it when it is on.

Calcarea Fluor.—In alternation with *Ferrum phos.*, to contract the circular fibers of the blood-vessels; will prevent the attack if given at an early stage of the disease.

Magnesia Phos.—During the attack, if violent spasms of the muscles are present; in alternation with the chief remedy, *Ferrum phos.*

Kali Phos.—During or before the attack, if there are symptoms of paralysis, sleeplessness, mental difficulty, etc. In alternation with *Ferrum phos.*

Natrum Sulph.—Before the attack, when there is violent determination of blood to the head, or when bilious symptoms are present.

SUGGESTIONS.

During the apoplectic fit the patient should be placed in a cool room, with the head raised; loosen the clothes about the neck and allow the feet and legs to hang down. Put the feet into warm water or apply friction by rubbing, hot water bottles, or anything to "force"

the blood to the extremities. The diet should be light and easily digested—such as toast and water, barley or rice-water may be given in small quantities.

During the attack the medicine should be given every few minutes.

Ferrum Phos. Effectually Relieved.

Lady, aged 72. Large and corpulent, subject to attacks of apoplectiform cerebral congestion. Was found in apoplectic state, with cold extremities, clammy sweat on forehead and face, head hot and livid, unconscious, low, heavy breathing. Prescribed *Ferrum phos.*, 6x, every half hour. Consciousness returned in two hours. Was up next day. Patient states that never before had she been relieved so soon and effectually. Subsequent attacks were, with the same treatment, relieved as promptly. (F. A. ROCKWITH, M. D.)

APPETITE.

A deranged appetite is usually indicative of some disease of the system. Frequently a morbid appetite is simply a call of Nature to give the system a rest, but if it continues any length of time a serious diseased condition may exist, and should receive proper attention. Sometimes it becomes quite a factor in the progress of continued diseases, but wherever found it should receive the same treatment. It is one of the signs which Nature throws out to guide the practitioner in a correct diagnosis. If there is a repugnance for any special or all food, it is a pretty sure indication that Nature does not want it. It sometimes becomes necessary to "tempt" the appetite, not for the purpose of forcing on Nature that which she does not wish, but to find that food which is palatable and acceptable to the system.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Loss of appetite, with feverish conditions.

Calcarea Phos.—Loss of appetite, when indigestion or poor assimilation is present. An excellent remedy to promote digestion, especially in anemic conditions.

Natrum Phos.—Loss of appetite with acid symptoms of the stomach, "heart-burn," etc.

Kali Phos.—Voracious appetite after typhoid fever or other wasting diseases, indicating a poor state of the blood. Hungry feeling after taking food. "Gone feeling" in the pit of the stomach.

SUGGESTIONS.

Never force food upon a patient when the whole system rebels—tempt the appetite, if you wish, but to *make* Nature have what she does not wish, will often produce decided injury.

In prolonged diseases the *craving* of the system is a very sure indication what the system needs, and given in small quantities will do no harm. The author has had patients sick with typhoid fever (whose bowels were discharging from ten to twenty times per day) who craved *green cucumbers;* and another who longed for *grapes and pears*, and yet made splendid recoveries under such diet. But care should be taken to distinguish between the true and false appetite, and not give sufficient of anything to overload the stomach or impair digestion.

ASTHMA.

CAUSE.

Asthma is derived from a Greek word meaning "*gasping for breath.*"

The causes of asthma are multitudinous, such as: congestion of blood to the chest; derangement of men-

struation; breathing of dust; fits of passion; hysteria; suppressed catarrh; flatulency; suppression of piles; constitutional derangements, etc.

The biochemic theory as to the cause of asthma is as follows: "A deficiency of certain cell-salts causes certain *organic* matter to become waste material, which may be thrown off through the lungs, and sometimes causes reflex neuroses (a nervous affection) and spasms of the muscular tissue of the bronchial tubes. The elastic fiber in muscular tissue being deficient, allows the tubes to close, hence, the difficulty in breathing. The molecules of certain *inorganic* salts by uniting with albumen make, *i. e.*, create, elastic fiber, and thus supply the want."

SYMPTOMS.

The main symptom is a "*gasping for breath*," with a peculiar wheezing in the air passages. During the attack the patient is worse lying down—he therefore sits up, desires more air, and uses every effort to dilate and empty the lungs. The face is pale or livid and anxious. He makes frequent attempts to force something out of the air passages by coughing. Extremities are frequently cold; the pulse variable, sometimes full and quick, and at other times small and quick, with irregularity.

These distressing symptoms continue from a few hours to several days, or until expectoration takes place, when it is somewhat relieved.

Asthma is more frequently met with in men than women, and oftener in advanced life than in the young.

The attacks may come on in the afternoon; after breathing dust or on retiring to rest; but more frequently during the night, and the patient is awakened from sleep by a sense of suffocation. In some cases the quantity of

expectoration is small or entirely absent, while in other cases it is copious, hence the disease has been divided into "dry" and "humid" asthma.

BIOCHEMIC TREATMENT.

Kali Phos.—Is the *chief remedy for the breathing;* in large and frequent doses (3x). Nervous asthma; asthma from taking the least food; nervous system depressed.

Kali Mur.—Asthma when derangements of the stomach are present; white coated tongue; costive bowels; sluggish liver. Expectoration is thick, white, tough mucus, hard to cough up. Alternate with *Kali phos.* for the breathing.

Magnesia Phos.—Asthma with troublesome flatulence or constrictive sensation in the chest. Spasms of the bronchial muscles.

Natrum Mur.—Asthma with expectoration of clear, frothy mucus; watery discharges from the eyes and nose. Alternate with *Kali phos.*

Kali Sulph.—Bronchial asthma, with light yellow sputa, loose and easily coughed up. Worse in warm room; in the evening or during summer time; better in cool air.

Calcarea Phos.—Intercurrently with the indicated remedies in all cases. Asthma in children; mucus clear and tough.

Calcarea Fluor.—When the expectoration consists of tiny yellow lumps of matter, raised with difficulty.

Natrum Sulph.—Asthma of young people, with bilious conditions; worse from damp weather or wet surroundings; greenish-yellow coating on the root of the tongue; expectoration greenish and very copious.

Silicea.—Breathing very difficult; must be in the fresh air. Alternate with *Kali phos.* for the breathing.

SUGGESTIONS.

Asthmatic patients should avoid all stimulating or irritating articles of food or drink; the diet should consist of plain, wholesome, nourishing food, but easy of digestion. Heavy meals, especially at night, should be avoided. The patient should be kept quiet; avoid violent exercise, such as quick walking, climbing hills or stairs. Find out the cause of the trouble and correct it at once. During the attack, get the expectoration established as quickly as possible. Hot, moist cloths on the chest, or breathing the fumes of various drugs, is beneficial.

Kali phos., for the breathing, should be given in good size doses and every few minutes.

Natrum Sulph. Cured the Violent Attacks.

Lady, married, aged 36, asthma; attack violent, greenish, purulent expectoration, loose movement of bowels immediately on rising. *Natrum sulph.* every two hours, cured. (DR. GUERNSEY.)

A Remarkable Case—All Other Treatment Failed.

Dr. O. H. Hall reports a remarkable case of asthma having passed "through the hands of all the physicians of whom he had ever heard," cured by *Kali phos.*, 2x. Eighteen months had passed at time of writing without an attack.

His "Worst Spells" Promptly Relieved.

Mr. C. has for years had attacks of asthmatic breathing, so marked as to herald his approach at some distance, and coming on after any unusual exercise. The "worst spell" he has ever had was promptly relieved by *Natrum sulph.*, 200x; and occasional doses since have caused the attacks to disappear almost entirely.

(WM. E. LEONARD M. D.)

Hay Asthma, Readily Cured.

Mrs. E. was seized on July 9th with her third attack of hay fever—rose cold or hay asthma, as you please—having contracted the same in Florida. She could not lie down, breathing aggravated on the least motion and accompanied by arching out between the shoulders. Former physicians had tried many remedies in previous attacks. I prescribed *Natrum sulph.*, 200x, with strong promise of relief. Nor were we disappointed. In one or two hours she fell asleep, and the asthmatic breathing gradually disappeared. (WM. E. LEONARD, M. D.)

ATROPHY.

(See Marasmus.)

BACKACHE.

Silicea.—Constant pain in center of spine.

Calcarea Fluor.—Tired feeling and pains in lower part of back, with a sensation of fullness, with constipation; worse on beginning to move.

Natrum Mur.—Pains relieved by lying on something hard. Weak back, worse in the morning; great weakness and weariness.

Natrum Sulph.—Soreness up and down the spine.

Calc. Fluor. and Natr. Mur. in Backache of Plasterers.

James H., æt. 29, plasterer, complained of having a severe backache, lasting sometimes only in the forenoon; at other times all night; could not bear to reach above his head for any length of time while at work, as it made him feel as if his back were bruised, as if it would break. Much better on working in front of him, and by constant motion; also by lying for a short time against the edge of his scaffolding. Neck stiff from looking

above ahead. *Calcarea fluor.*, 12x, and *Natrum mur.*, 30x, were prescribed in alternation; a powder every other night for two weeks. *Placebo*, daily every four hours. Began to get better after taking two or three doses, and in a few weeks was completely relieved.

(C. R. VOGEL, M. D.)

BILIOUSNESS, TORPID LIVER.

(See Liver, Inflammation of, Abscess of.)

BLADDER.

(See Urinary Disorders.)

BLEEDING OF THE NOSE.

(See Hemorrhage.)

CAUSE.

Bleeding from the nose frequently appears at the termination of many diseases, such as fevers, etc., and is a good indication. Bleeding frequently relieves headaches, giddiness, etc., and should not be interfered with, unless it lasts too long, or occurs too frequently. It sometimes arises from an anemic condition of the blood, and in this case should receive proper attention. It is not infrequently due to a disturbance of the menstrual functions, and the cause must be rectified.

TREATMENT.

The treatment (medicinally) is the same as for all hemorrhages, and will be found under that head.

SUGGESTIONS.

Keep the patient quiet, head up, hot applications to the feet. Sometimes it is necessary to plug the nostrils. Cold applications to the back of the neck are sometimes

helpful, but the best and most successful method is to grasp the nose above the bridge, with the thumb and finger, and with a sliding downward motion close the orifices, in a similar manner to putting a clothes-pin on the line. Pinch firmly, close up to the bony structure, and hold there till the blood coagulates.

In chronic cases of nose-bleed, the diet should be plain but unstimulating; it should, nevertheless, be nourishing, in order to enrich the blood. Regular habits, early hours, moderate exercise, etc., should be observed.

Ferrum Phos. Acted Promptly in Bleeding of the Nose.

Dr. Knott reports a severe case of nose-bleed in a girl aged 13. Had been under the care of four physicians without relief. *Ferrum phos.* acted promptly, and the girl soon recovered her usual health.

The Hemorrhage Permanently Arrested.

Boy, aged 12. Anemic, subject to nose-bleed for several years. Had taken different remedies without permanent results. I was called to see him after a very severe attack, and found him much prostrated and blanched from loss of blood. *Ferrum phos.*, 6x, a few doses each day, for some weeks, permanently arrested the hemorrhage.

(C. T. M.)

BOILS.

(See Abscess.)

Ferrum Phos.—In the inflammatory stage, for heat, pain, congestion and fever; will often abort suppuration.

Silicea.—When pus has commenced to form, this remedy assists and hastens the suppuration, causing boil to "ripen" and break without surgical interference.

Silicea in Boils.

A young man developed a boil on the seat. It discharged freely, but would not heal. When at last it

seemed to be healed and was comparatively well, the patient took cold. Suppuration began again, and at this time the discharge was excessive. His mother was alarmed; he was very weak; no appetite; sleep disturbed; constant thirst. I prescribed *Silicea*, a dose every morning on an empty stomach. In one week the discharge had almost entirely disappeared, and he made a good recovery. (DR. GOULLON, JR.)

BONES, DISEASES OF.

CAUSES.

The causes of bone diseases are many, but it is not necessary to enumerate them here, as they will appear under separate heads, such as Rickets, Hip Disease, etc.

For the better understanding of the treatment of this class of diseases, the author deems it advisable to group the applicable cell-salts under a separate and distinct heading.

BIOCHEMIC TREATMENT

Calcarea Phos.—This is the great remedy in bone diseases, as the phosphate of lime so largely predominates in bone structure. When the bones are weak and soft, *Calcarea phos.* will strengthen them. Fractures, to aid in uniting the broken parts. Bow-legs in children; rickets; spinal curvature, etc. Intercurrently in all bone diseases.

Silicea.—Is indicated in many diseases of the bones, the chief symptom calling for its use being a thick, yellow, offensive, mattery discharge. Ulceration of the bones; hip-joint disease, etc. All discharges are very offensive.

Calcarea Sulph.—The indications for *Calcarea sulph.* are very similar to those of *Silicea*, except that the dis-

charges are tinged or streaked with blood. *Calcarea sulph.* restrains the discharge.

Calcarea Fluor.—Exudations from the bone, forming hard, rough elevations on the bone. Bruises on the bone, with hard lumps. Catarrhal affections when the nasal bones are affected, bad odor; blood tumors on the heads of new-born children. Ulcerations of the bones, intercurrently.

Kali Phos.—Wasting or atrophy of the bones, when foul diarrhœa is present.

Ferrum Phos.—In all bone diseases, for the first or inflammatory conditions, affecting the soft parts or covering of the bone. In alternation with the remedy indicated by the discharge, etc.

The Bone United Quickly.

Gentleman, aged 60. Had a fracture of the femur. It remained movable, in spite of great care. After two months, *Calcarea phos.*, 6x, was given, at first every night, then every second night. At once the fracture grew firm and he was soon well.

(J. C. MORGAN, M. D.)

This Child Soon Walked.

Child, three years old. Was unable to stand alone; bones soft. Fontanels still open. Teeth poorly developed. Prescribed *Natrum mur.* and *Calcarea phos.*, to be taken in alternation. Several weeks later I heard from the child. It was beginning to walk; fontanels closing up, and rapidly gaining in strength. The parents were delighted.

Silicea Produced Improvement at Once.

Child, aged 3 years. Had disease of the bone of the finger of the left hand, midway between the knuckle and the next joint. There was a slight whitish discharge,

and the flesh was much swollen and discolored at the place, causing the finger to present a very unpleasant appearance. A physician had advised amputation, but the family objected. Gave her *Silicea*, 6x, in solution, which produced improvement at once and in a few weeks cured the case. (C. T. M.)

Amputation Prevented by Silicea.

Young girl, aged 14. *Silicea* saved her foot from amputation; she had had bone disease for a long time. Her medical man made arrangements with a specialist to take the foot off. Her friends were greatly distressed and asked my help. *Silicea*, a dose every hour, and a lotion on lint applied externally. On the fifth day the improvement was so marked that the amputation was abandoned. She continued the treatment a short time, and her case was pronounced perfectly cured.

(Dr. M. D. Walker.)

Calcarea Fluor. in Bony Growths.

Dr. C. F. Nichols reports a number of hard, bony growths cured and benefited by *Calcarea Fluor.*, 12x. (Organon, 1880.)

BREAST, ABSCESS OF.

CAUSE.

Anything which tends to disturb the secretion of the milk flow; such as cold, fright, passion, etc., although it is frequently present through no well-defined cause. It may arise from improper nursing of the child, allowing the milk to "cake" the breast, thereby setting up an inflammation and consequent suppuration. A frequent cause is the harsh treatment of nurses, who in their endeavor to relieve the congested breast—when engorged with an oversecretion of milk—bruise the delicate organ by injudicious manipulations.

SYMPTOMS.

The breasts become inflamed, red, hard, and swollen, eventually breaking and discharging matter. It sometimes happens that some parts will suppurate while others remain hard and inflamed or terminate in hard lumps.

BIOCHEMIC TREATMENT.

This must be the same as for "Abscess" in general, which article see.

SUGGESTIONS.

The main thing in the beginning is to see that the breast does not become overcharged with milk. At this stage, and to prevent swelling, *Kali mur.* will be needed. If this remedy is given, in connection with *Ferrum phos.* for the inflammatory conditions, there will be very few cases of abscess of the breast. If it goes on to suppuration, *Silicea* will generally be found all that is necessary. Avoid unnecessary rubbing of the breasts. The diet should be light and unstimulating while the inflammatory symptoms are present.

BRIGHT'S DISEASE.

This is a very serious disease, and does not properly come under the head of "domestic." It will, therefore, be omitted, except to say that it is a disease of the kidneys, the principal characteristic of which is albumen in the urine, and the leading remedies are *Calcarea phos.* and *Kali phos.* It is a serious ailment, and requires the services of a *competent biochemic physician.* (See "Kidneys, Diseases of," and "Inflammation of the Kidneys.")

BRONCHITIS.

CAUSE.

This disease is an *inflammation of the bronchial tubes.* It may be acute or chronic, but the former is much more serious, in its immediate results, than the latter. Bronchitis may appear as a separate disease, but it may exist with some other, such as: measles, scarlatina, whooping-cough, small-pox, etc. The cause is the same as that of common catarrh, which is "catching cold"—thereby causing a deficiency of some of the cell-salts.

SYMPTOMS.

The disease is usually ushered in with chilliness, followed by fever. Tightness, constriction or oppression of the chest; hoarseness, difficulty of breathing, severe, hacking, and distressing cough—dry at first, but afterward becomes copious, and at times streaked with blood; loss of appetite; weakness; foul tongue; anxious countenance; loud wheezing; sometimes a loud crackling or whistling sound, harsh and broken, is heard when the ear is applied to the chest. Bronchitis frequently attacks young children, but the disease, although the symptoms differ in some respects from those in the adult, can easily be recognized by the peculiar crackling sound in the chest, immediately over the bronchial tubes.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the first remedy for the inflammatory conditions, heat, fever, pain and congestion. Short painful cough, without expectoration; short and oppressive breathing. *Ferrum phos.* should be given in small but very frequent doses in the acute stage, and

should be alternated with the remedy indicated by the expectoration, until all inflammatory symptoms disappear.

Kali Mur.—In the second stage, in alternation with *Ferrum phos.*, when the expectoration is thick, white, tenacious phlegm, and tongue has a white or grayish-white coating.

Kali Sulph.—Third stage; the expectoration is light-yellow, watery and copious, or greenish, slimy yellow. Alternate with *Ferrum phos.*, if the inflammatory symptoms remain.

Silicea.—When the expectoration is thick, yellow, heavy and falls to the bottom of vessel; cough better from warm drinks and aggravated by cold ones.

Natrum Mur.—Acute bronchitis, with expectoration of clear, watery or frothy mucus; chronic bronchitis, "winter cough," with watery symptoms. Phlegm is loose and rattling, sometimes wells up into the mouth, but at other times is raised with difficulty. The patient is generally worse from breathing salt air. For the acute, dry, hacking cough, when *Ferrum phos.* fails to give relief.

Calcarea Phos.—Expectoration of albuminous mucus (looks like white of egg before it is cooked, not watery, like *Natrum mur.*). Bronchitis in anemic persons, when the above symptoms are present. Alternate with *Ferrum phos.* for the febrile disturbances.

Natrum Sulph.—When bilious symptoms are present.

Calcarea Sulph.—Mattery expectoration or mixed with blood. Alternate *Ferrum phos.*

SUGGESTIONS.

This disease, in the acute form, should be treated similar to inflammation of the lungs. *Ferrum phos.* should

be given frequently in the first stage, till the fever and acute inflammation has subsided, and then not so frequent, but in alternation with the remedy indicated by the expectoration, etc. Hot moist applications on the chest are beneficial, but should be applied with caution, as there is liability of catching cold. In the acute form of bronchitis the diet should be governed the same as in all inflammatory conditions, *i. e.*, food light and easy of digestion; no meat should be allowed. After the acute inflammatory conditions have subsided, the nourishment should be increased.

I have had many cases of this disease, and find that *Ferrum phos.* followed by *Kali mur.* is all that is necessary, if taken in time; it will prevent the chronic form appearing.

BRUISES, SPRAINS, WOUNDS, ETC.

Wounds, bruises, cuts, etc., frequently occur through accident, and should receive immediate attention. If taken in time, after-effects will not occur.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the first remedy in cuts, wounds, bruises, sprains, lacerations, etc. It should be given at once and applied locally till the pain and inflammation has subsided.

Kali Mur.—In the second stage, when there is swelling, etc.

Kali Sulph.—When after neglected cases there is discharges of thin yellowish matter—noticed in the third stage of inflammation.

Silicea.—When there is thick, heavy pus discharging.

SUGGESTIONS.

Ferrum Phos. should be used as soon as possible in all injuries to the tissues. In wounds, bruises, etc., the *phosphate of iron* is required in excess in order to repair the damage; there not being enough in the blood to supply the extra demand, Nature forces more blood to the part, and an engorgement results. When *Ferrum phos.* is added to the blood it supplies the apparent deficiency and prevents the engorgement. The best method of applying the remedies locally is to put a small quantity in water and apply with soft linen cloths. In strains or sprains, perfect quiet must be observed.

A Bad Cut Heals Readily.

Mr. W. cut his finger on a piece of glass; the cut went to the bone and was quite large. *Ferrum phos.* applied immediately, and in three days nothing but a scar remained. The pain ceased as soon as the remedy was applied.

BURNS AND SCALDS.

The cause and symptoms are apparent, therefore it will not be necessary to mention them here.

BIOCHEMIC TREATMENT.

Ferrum Phos.—The first remedy, in solution, applied locally, low trituration, for the pain, heat, redness, etc.; also internally. When the severe pain has ceased, follow with *Kali mur.*, the chief remedy to restore tissue.

Kali Mur.—This is the chief remedy to restore the burned tissue; should be applied locally and given internally as soon as the severe pains have stopped. Moisten lint with a strong solution of the remedy, and apply frequently without removing the lint.

Calcarea Sulph.—When after *Kali mur.*, or in neglected cases, there is suppuration, *Calcarea sulph.* should be given.

Natrum Phos.—Is beneficial in some cases where there is a creamy, golden-yellow discharge.

SUGGESTIONS.

In slight burns or scalds, the injured part should be held for a couple of minutes to the fire; the temporary increase of pain will be amply repaid by the prevention of future suffering and annoyance.

In severe cases, however, it will be necessary to apply the remedy immediately. It is very essential in cases of burns and scalds to exclude the air from the wound as quickly as possible, therefore lint should be used and the medicine applied without removing. In severe cases, constitutional treatment must be resorted to, as the symptoms arise. The diet must be light, such as is applicable to fevers and inflammations in general.

CANKER.

This slight, but painful disease consists of small white or grayish ulcers forming on the mucous membrane of the lips, mouth or on the tongue. They are very painful and at times create considerable disturbance in the system, in the shape of fever, etc. They usually arise from a stomach or liver trouble. They generally disappear in a few days, but not infrequently remain for an indefinite period of time. *Kali mur.* is the chief, and generally only needed, remedy. Should malignant symptoms appear, *Kali phos.* will be indicated. Watery conditions, *Natrum mur.* Washing them with a solution of borax, or touching them with burnt alum, is beneficial.

CARBUNCLES.

(See Abscess.)

Ferrum Phos.—In the inflammatory stage of carbuncles, for the heat, pain, congestion; will often abort suppuration.

Kali Mur.—In the second stage, before the pus has formed; should be given steadily in alternation with *Ferrum phos.* to prevent suppuration.

Silicea.—The chief remedy when the tissues have begun to break down, hastening the suppurative process, and aiding in the rapid formation of new tissue.

CATARRH.

CAUSE.

Catarrh is from a Greek word which means "*to drop down.*" Catarrh may affect any mucous membrane of the body, and wherever found the treatment will be the same. The cause is that of any other disease, *i. e.*, a deficiency of one or more tissue-salts; however, there are certain primary causes which are responsible for the deficiency. Catarrh is of two varieties, viz.: acute and chronic. The acute form is generally known as a common cold. This disease consists of a mild inflammation of the mucous membrane, which is induced by exposure to sudden changes of temperature, or to a damp, chilly atmosphere.

SYMPTOMS.

Catarrh is most frequently confined to the membranes of the head and bronchial tubes. In the acute form it is characterized by slight fever, impaired appetite, unusual languor, obstruction of the nose, sneezing, pains in the head, or in the back and extremities, and frequently hoarseness and cough. It is generally ushered in with

chills or shiverings, and at times there is a copious discharge of watery mucus from the nostrils.

The chronic stage of catarrh is chiefly characterized by the discharge, which may be of several different varieties, corresponding with the stage of the disease. The treatment must be governed entirely by the symptoms.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the first or inflammatory stage, or as a preventive; takes cold easily (also *Calcarea phos.*). Catarrhal fever; congestion of the nasal membranes; fever; pains in the head, chest or extremities. Alternate with the remedy called for by the discharge.

Kali Mur.—Second stage of catarrhal troubles, with white, thick, tenacious phlegm (not transparent). Catarrhs of the head, with stuffy sensations, white or gray coated tongue. Catarrh of any membrane, with a characteristic, white, bland discharge.

Natrum Mur.—Catarrhs, with *watery transparent discharges* which are poor in albumen. Catarrhs of anemic people, with frothy discharges, sometimes having a salty taste. Catarrh of any membrane, with above symptoms. Influenza, with sneezing and watery symptoms; also dry catarrh, membrane seems dry, harsh and feverish.

Calcarea Phos.—Is an important remedy in catarrhal affections of anemic persons and chronic cases. Intercurrently in all cases of catarrh, for its tonic action. Catarrh of any membrane, when the discharge is rich in albumen, transparent, *like white of egg* before it is cooked. Do not confound the *Calcarea phos.* discharge with the watery, transparent discharge of *Natrum mur.*

Kali Sulph.—Third stage of all catarrhs, no matter where located, when the discharges or secretions are

yellow, slimy or watery mucus. Thin, yellow discharge from the nose. Generally follows after *Kali mur.* In catarrhal fever, when the skin is hot and dry, alternate with *Ferrum phos.* to promote perspiration. *Kali sulph.* symptoms are worse in the evening or in a warm room.

Calcarea Sulph.—Catarrhs of any membrane, when the discharge is thick, yellow, mattery and sometimes mixed with blood.

Silicea.—Chronic catarrh with very offensive discharge, when the affection is situated in the membrane covering the bone. Excessive dryness or ulceration of the edges of the nostrils. Itching of the tip of the nose —not from worms.

Kali Phos.—Chronic catarrhs with foul, offensive discharges, if symptoms characteristic of *Kali phos.* correspond.

Natrum Phos.—Chronic catarrhs, when acid symptoms are present; intercurrently with the remedy indicated by the discharge. Note the coating on th tongue.

Calcarea Fluor.—Stuffy catarrh of the head. Dry coryza. Bronchial catarrh, when tiny, yellow, tough lumps of mucus are coughed up. Diseases of the nasal bones, with very offensive odor; *Calcarea fluor.* will take away the odor.

Magnesia Phos.—Loss of the sense of smell. Alternate dry and loose coryza. *Gushing flow* from the nostrils.

Natrum Sulph.—Catarrhs, when there is a profuse secretion of greenish mucus. Catarrhs of damp localities, to eliminate the excess of water from the tissues.

SUGGESTIONS.

In the acute form the remedies should be given frequently. Put the feet in hot water, get up a sweat and

go to bed. *Ferrum phos.* and *Kali sulph.*, given frequently in hot water, will promote perspiration. In the chronic stages of catarrh the remedy should be used locally as well as internally. If the patient is predisposed to taking cold, he is probably anemic, and should take *Calcarea phos.* and *Ferrum phos.* as a preventive. Catarrhal patients should avoid sudden changes of temperature, draughts of air, late hours, violent exertions, etc. The diet should be light in the acute form or when inflammatory symptoms are present. In the chronic stage it should be nourishing, but not heavy or irritative.

Kali Sulph. Stopped the Discharge, Restored Taste and Smell.

Case of thick, yellow, offensive, alternating with watery, discharge from the nostrils. Duration, eighteen months; taste and smell lost. Takes cold very easily. *Kali sulph.*, 12x, in water. In one month reported catarrh entirely well, and smell and taste much improved.

(W. P. WESSELHOEFT, M. D.)

Kali Sulph. for the Offensive Discharge.

Case of gentleman. About once a week a thick, dark-brown, semi-fluid accumulation of pus formed in the left upper nostril. The odor was terrible. *Calcarea*, *Silicea* and several other remedies proved inefficacious. Three weeks after having taken two doses of *Kali sulph.*, 6x, in water, morning and evening a tablespoonful for four days, nothing more remained of the discharge.

(W. P. WESSELHOEFT, M. D.)

Cured When Everything Else Failed.

Dr. Goullon praises *Natrum phos.*, and relates a case cured by that remedy when everything else failed. The golden-yellow exudation on the tongue was present.

CHICKEN-POX.

CAUSE.

The cause of chicken-pox is similar to that of every other eruptive disease, *i. e.*, fibrin and other organic matter becomes disorganized or non-functional, by a deficiency of some cell-salt, and is thrown out of the system through the skin. Just why all eruptive fevers should not, or do not, assume the same form, is not yet satisfactorily demonstrated, but it has been shown clearly that a deficiency of *potassium chloride* is the primary cause.

SYMPTOMS.

This disease closely resembles small-pox, but differs greatly in its duration and severity, being considerably milder and generally requiring no medical assistance. It seldom becomes dangerous, except when it attacks the lungs or brain. The fever occasionally runs very high. It is frequently mistaken for small-pox, when that disease is epidemic, but it soon reveals its true character by the rapidity with which the eruption declares itself; the vesicles (in many instances closely resembling the pustules of small-pox) being generally matured by the third day, and disappearing at the end of the fourth or fifth, without leaving any mark.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the inflammatory conditions, heat, fever, pain, restlessness, etc. Alternate with the remedy indicated by the tongue or eruptions.

Kali Mur.—Second stage, with or without white or grayish-white coated tongue.

Natrum Mur.—When watery symptoms are present; also drowsiness, stupor, etc.

Calcarea Sulph.—When the pustules are discharging thick, heavy, yellow matter.

Kali Sulph.—When the eruption has been checked, alternate *Kali sulph.* with *Ferrum phos.* to promote perspiration.

SUGGESTIONS.

Keep the patient quiet and warm; be careful of draughts or anything which will cause suppression of the eruptions. Give a light diet, and prevent scratching.

Covered With the Eruption.

A little girl was brought to my office, covered with chicken-pox. There was considerable fever and restlessness present. *Ferrum phos.* and *Kali Mur.* controlled all adverse symptoms, and the pustules dried up much quicker than in cases where the remedy was not used.

CHILBLAINS.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Will be necessary in the beginning, for the inflammatory conditions, heat, pain, redness, etc.

Kali Mur.—Is necessary for the swelling.

Kali Phos.—Will be needed for the itching, tingling pains.

SUGGESTIONS.

In chilblains the remedies should be used as a lotion, as well as taken internally. Avoid chilling of the feet or warming them before a slow fire. Toasting the feet before a hot fire will not create chilblains.

CHILD-BED FEVER.

(Puerperal Fever.)

There are many causes for this disease, chief among which are: chill from a draught of air, or damp clothes,

violence, etc. Other cases are undoubtedly due to septic infection, arising from bruising of the parts, retention of membranous threads, or clots of blood, etc.

The disease is of a most serious nature, and a competent biochemic physician should be employed at once. However, as in some cases a physician may not be immediately available, a brief treatment will be outlined till help can arrive. It is needless to say that under poisonous drug treatment this disease is commonly fatal, but under proper biochemic treatment different results may be expected. The author has treated a number of aggravated cases of this disease with universal success.

SYMPTOMS.

Child-bed fever usually attacks on the third day after child-birth, but may be noticed before. It is commonly ushered in by a slight chilliness or chills, followed by headache, fever, rapid and sometimes weak pulse, pain and tenderness over the region of the womb, suppression of the milk and lochia. The patient becomes listless, losing interest in surrounding circumstances, the face expresses anxiety and great prostration, or she may be excited, nervous, yet weak.

If the disease progresses, delirium, vomiting or diarrhœa set in, and the abdomen bloats. As the disease advances, the womb and other of the abdominal organs become involved in the prevailing inflammation. This disease is frequently mistaken for "milk fever;" but the distinctive features are the absence of pain and tenderness of the abdomen, in the latter case.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the remedy for the inflammatory conditions, fever, heat, pain, tenderness over the abdo-

men, rapid pulse, etc. Give in alternation with *Kali phos.*, the chief remedy for the septic conditions; or with *Kali mur.*, the chief remedy for the commencement stage. A few doses of *Ferrum phos.* each day, after confinement, will usually prevent this distressing disease.

Kali Mur.—Chief remedy for the commencement stage, suppression of the lochia, etc. After *Ferrum phos.*, or, better, in alternation with it.

Kali Phos.—Chief remedy for the septic (poisonous) conditions; puerperal mania; for all brain symptoms and blood poisoning.

Kali Sulph.—Is at times very necessary, when the system seems full of poison and there is a great lack of perspiration.

SUGGESTIONS.

When there is any doubt as to the proper selection of the remedy, it would be as well to alternate *Ferrum phos.*, *Kali mur.* and *Kali phos.* Should there be any bad or offensive odor from the vagina, a douche of *Kali phos.* must be used. The most absolute quiet of body and mind must be secured. The room should be darkened and all noise shut out. A moderate temperature should be maintained, but the room should be well ventilated, avoiding any draught. All food should be prohibited till the worst symptoms are past; the thirst may be allayed by small sips of cold water. To re-establish the lochia, flannel cloths wrung out of hot water should be applied over the region of the womb and external genitals (*Ferrum phos.*, low trituration, in the water). If the bowels are greatly constipated, they may be moved by rectal injections of hot water. The infant should not be allowed to nurse while the mother is in this condition.

CHOLERA.

CAUSE.

Cholera is a Greek term, and is derived from *chole*, or bile. It is a condition of the system wherein there is too much water in the blood, due generally to the amount of water in the atmosphere during hot weather. The exciting causes most frequent are sudden alterations in temperature, moist or marshy situations, damp weather, wet feet, suppressed perspiration, overfatigue, cold drinks when overheated, teething, indigestible food, worms, etc. There are several degrees of cholera, varying principally in severity. True, or Asiatic, cholera is the worst form, but arises from the same cause—an excess of water in the blood. India and other hot climates are its field; the excessive heat causes the moisture to rise from the ground and remains humid in the atmosphere, where it is absorbed by the system. Some fall victims to its ravages sooner than others, because their standard of health is not so high and the system is not so well prepared to eliminate the water.

SYMPTOMS.

Cholera generally commences with a sudden feeling of nausea and griping, followed by purging and vomiting; severe cases are accompanied with coldness of the body and the extremities; anxious and hurried breathing, excessive thirst, cramping in the limbs, griping of the bowels, shrinking of the features, hollow eyes, pulse weak, sometimes almost imperceptible. The discharges from the bowels are thin, watery, and fetid, or bilious, sometimes accompanied with dark, bilious vomiting and straining. The symptoms of Asiatic cholera include the above symptoms in a much more aggravated form.

There is also dizziness, headache, singing in the ears, flatulence of the stomach, griping pains, loss of strength, etc. In severe cases, the patient falls senseless to the ground, as if struck.

In many instances the first symptom is diarrhœa, which, if neglected, soon becomes associated with vomiting, severe colic, cramps or convulsions, and the whole skin frequently becomes of a blue color. The subjoined treatment is applicable to all cases of this dread disease.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the febrile (fever) symptoms and vascular disturbances, in alternation with the chief remedy.

Kali Phos.—High fever and stupor. Is the chief remedy for the putrid conditions. Collapse, with livid, bluish countenance and low pulse. Stools have the appearance of rice-water, very offensive.

Magnesia Phos.—Cramps of the bowels and limbs in cholera; convulsions, vomiting and watery diarrhœa.

Natrum Sulph.—As a preventive and during the course of the disease, to take up the excess of water in the blood.

Kali Sulph.—Is frequently necessary in alternation with *Ferrum phos.*, at the commencement of the disease, to promote perspiration.

Natrum Mur.—May be needed in the course of the disease, when there are present low delirium, mutterings, etc. In alternation with other remedies.

SUGGESTIONS.

Ferrum phos., *Kali phos.* and *Magnesia phos.* are the principal remedies, and should be given in combination or alternation every five minutes, if the case is severe.

The patient should drink hot water, and plenty of it, to aid *Magnesia phos.* to relax the muscular system and wash the tissues. A copious injection of *hot* water should be given quite frequently till relief is obtained. The application of heat or friction to the limbs, or putting the patient in a bath of hot water, is beneficial. Cold water drinks and injections have been recommended by some authors, but I have never made use of them. Nourishment must be light, when the patient begins to improve, and must be given in very small quantities, in order not to irritate the bowels, which is liable to cause a relapse. Such food as sago, arrow-root, cocoa, chicken-broth or beef-tea, etc., should be used and cautiously increased as the patient gathers strength.

A Quick and Satisfactory Recovery.

I was called to see Miss B., whose bowels were "running off" from twenty to thirty times per day. There was considerable cramping pain in abdomen; some fever. This had continued for several days, and was getting worse, rather than better. There were decided symptoms of typhoid fever present, but had not developed that far. *Kali phos.* and *Natrum sulph.* were given steadily, with intercurrent doses of *Ferrum phos.* for the fever, and *Magnesia phos.* for the pain. The result was all that could be desired, and she made a quick and satisfactory recovery.

CHOLERA INFANTUM.

(Summer Complaint.)

CAUSE.

This is a disease which might be termed the infants' scourge. It most frequently appears in the after part of the summer, when the system is weak and debilitated

by the preceding hot weather. Cholera infantum may find its exciting cause in improper diet, etc., but I am satisfied that the underlying cause is the same as that of cholera. This theory is upheld by the fact that the disease frequently takes an epidemic form, showing that it is influenced by atmospheric conditions. It most frequently attacks infants under two years of age, and under the old-school treatment, especially in large cities, has been very fatal. If taken in time, with the biochemic remedies, and by observing ordinary precautions, a favorable issue may be expected.

SYMPTOMS.

Violent and copious vomiting, accompanied with diarrhœa, are the most prominent symptoms. At first the vomit may be of food, but will change to a sour liquid. The child is restless, tosses from one side of the bed to the other. The head is hot; pulse rapid, but feeble; extremities cool; eyes sunken, and half open; eyelids heavy; drinks greedily; great weakness, and sometimes emaciation. The discharge from the bowels usually consists of a colorless, or sometimes greenish, and watery fluid, occasionally with shreds of mucus. The stools are generally discharged without effort, sometimes unconsciously—or are squirted out, as if thrown from a syringe. Sometimes there is pain, straining, and the infant cries plaintively, and draws up its limbs. As the disease advances, the discharges from the bowels become more frequent, resembling dirty water or the "washings of meat," and are offensive. The eyes become languid and dull, or hollow and glassy, and take no notice of the surroundings. The lips are dry and shriveled. It frequently happens that the brain becomes involved, and the child rolls its head and moans

piteously. In fatal cases, the patient falls into a complete state of stupor, and convulsions may appear.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the remedy for the fever; watery, frequent, undigested stools; feverish thirst; vomit of undigested food. Brain symptoms, delirium, rolling of the head, moaning, etc. Alternate with remedy indicated by the color of the stools.

Natrum Phos.—When the stools are sour-smelling and green. Cholera infantum, when associated with worms, acid conditions, lack of digestive power, or from eating unripe fruit. Note the color of the tongue, the acid, sour vomit, and other acid symptoms.

Calcarea Phos.—One of the most valuable remedies for bowel complaints in teething children, due to non-assimilation of food, or in emaciated children, where the lime salts are at fault. Stools are hot, watery, offensive, profuse and sputtering; sometimes green and undigested.

Kali Phos.—Stools are like rice-water; great depression and exhaustion; stools very offensive and putrid.

Magnesia Phos.—Cholora infantum accompanied with cramp-like pain in the bowels, flatulent colic, drawing up of the legs, convulsions, spurting stools, etc. Alternate with remedies indicated by color of the stools.

SUGGESTIONS.

Calcarea phos., *Ferrum phos.* and *Natrum phos.* cover nearly all the symptoms in simple cases of cholera infantum. The reader is referred to the subjects of "Diarrhœa," and "Cholera," for any additonal information he may require. The color of the stool must be studied, and an appropriate remedy selected—it matters

not whether the disease is named cholera, diarrhœa, or cholera infantum. The patient must be kept as quiet as possible. If the extremities or abdomen should become cold, efforts should be made to create artificial warmth by the application of warm, woolen cloths, gentle friction, etc. At the beginning, and during the course of the disease, an injection of quite warm water into the bowels is very beneficial; it washes the tissues and promotes healthy secretion. A quantity of the indicated remedy should be used in the water. The child will not have much appetite, but care must be taken in selecting such food as will not irritate the bowels. If the child nurses, breast-milk is all that it requires.

In other cases, however, the diet may consist of pure, dilute milk, boiled and sweetened, or thin, well-boiled oat-meal gruel. This will usually be sufficient for both food and drink. Water may be given in small quantities, but not too cold; and if it excites vomiting or purging, it should be discontinued entirely. Hot water drinks can do no harm, and will be beneficial if the infant will take them.

From the First Dose Began to Improve.

A mother brought her child to my office, with the following symptoms: temperature, 104; pulse, 130; flushed face; great excitation of the nervous system; eyes full and staring; great thirst; frequent green, slimy discharges from the bowels, with occasional vomiting; pain in the abdomen and stomach. I prescribed one grain each of *Ferrum phos.* and *Magnesia phos.* every half-hour in alternation. I heard no more of the case for two weeks, when the mother reported "that from the first dose the child began to obtain relief, and was

sleeping nicely in two hours, and continued to improve rapidly until entirely well."

(DR. W. E. KEIMETT.)

A Distressing Case Quickly Relieved.

Mary B., eighteen months old. Green, watery stools, mixed with mucus, every few minutes, producing great weakness and emaciation. She rolled her head about as if it was too heavy; eyes half-open; constant moaning or starting up in sleep; pulse rapid; quick respiration; complexion of a dirty-white appearance; watery vomit. *Ferrum phos.*, 3x, in hot water, every hour for six or eight, then *Calcarea phos.* in alternation every hour, cured the case completely in less than one week.

(C. R. VOGEL, M. D.)

COLD IN THE HEAD.

(See Catarrh.)

COLIC.

Colic is from the Latin word *colicus*, pertaining to the colon, and is a severe, griping pain in the bowels. It may arise from indigestion, the formation of gases, worms, foulness of the stomach, suppression of chronic eruptions of the skin, gravel or organic derangement of the kidneys, etc., or again from acrid discharges of bile from the liver into the stomach and intestines. However, indigestion is the most frequent cause, and the reader is referred to that article.

SYMPTOMS.

The most common symptoms are griping, gnawing, tearing or shooting pains in the abdomen, frequently attended with swelling, vomiting, costiveness or looseness

of the bowels. It may be distinguished from inflammation of the bowels, by being relieved by pressure, bending double, etc.

BIOCHEMIC TREATMENT.

Magnesia Phos.—Is the main remedy for the pain, in alternation with the remedy indicated by the symptoms which gave rise to the pain. Colic of infants, with drawing up of the legs. Pain relieved by bending double. Flatulent colic, eased by friction, heat or belching of gas. Colic coming and going by spells. Colic of new-born infants, when not caused by indigestion. *Magnesia phos.* pains are crampy and constrictive, eased by heat.

Calcarea Phos.—If *Magnesia phos.*, though indicated, fails to give relief, follow with *Calcarea phos.* Colic due to non-assimilation of food, or in teething children when the lime salts are at fault.

Natrum Phos.—Colic of children, with worms or symptoms of acidity, green, sour-smelling stools, vomiting of curdled milk, etc.

Natrum Sulph.—Bilious colic, with vomiting of bile; bitter taste in the mouth and brownish-green coating on root of tongue. Lead colic: should be given frequently, and in 1x or 2x trituration.

Ferrum Phos.—Menstrual colic, with fever, quickened pulse, etc., in alternation with *Magnesia phos.* or as a preventive remedy.

Kali Sulph.—Is frequently useful after *Magnesia phos.* if the abdomen feels cold, or if the colic is due to excitement and sudden chill shortly after, or if the gas from the bowels has a sulphureous odor.

SUGGESTIONS.

Let the patient drink all the *hot* water he can; it will wash the stomach, dilute the contents, cause perspiration and relax the muscles. An injection of hot water is a grand help. If from indigestion, an emetic of a cup of strong, black coffee, without milk or sugar, will often relieve the stomach of its contents. *Magnesia phos.* should be given in hot water. Put about 20 or 30 grains into a glass full of hot water and sip it almost constantly till relief is obtained.

The diet should consist of those articles of food which do not cause a return of the colic. It is impossible to prescribe any set diet, as no two persons are exactly alike, and that which would agree with one would cause morbid symptoms in another. The reader is referred to the general article under "Indigestion."

Magnesia Phos. in Renal Colic.

Case with most excruciating pain in the course of the left ureter, attended with vomiting, cold perspiration, cold extremities, small pulse, great agony, spasmodic cramping, which would draw the patient almost double; almost picture of death. *Morphine* had no effect to relieve. *Magnesia phos.*, 3x, five grains in hot water every fifteen minutes. Third dose relieved and in a few hours cured.

(DR. RUSSELL.)

Natrum Sulph. in Bilious Colic.

A clergyman was for many years subject to frequent and severe attacks of colic; inflammatory character; violent vomiting; tenderness of abdomen; restlessness; anxiety; pain commenced in right groin and then spread over abdomen. Attacks lasted from three days to one week. *Natrum sulph.* was given; the attack yielded immediately, with no return of the colic.

(DR. HERING.)

Bilious Colic.—Magnesia Phos. and Natrum Sulph.

A lady had an attack of bilious colic—had been suffering for eleven hours. Pain was terrible; vomited bile; very bitter taste in mouth. *Magnesia phos.* and *Natrum sulph.* were given; relief was immediate—in five minutes the bowels moved freely, and she was all right in a few hours.

The First Dose Gave Relief.

Man, aged 45. Stout, florid; a high liver, and subject to frequent attacks of colic. I found him doubled up with terrific cramps, the result of a hearty dinner on a hot day. Nothing ever relieved these attacks but *Morphine.* I prescribed *Colocynth*, but it failed to give much relief. I gave *Magnesia phos.*, 6x, a powder in a tablespoonful of hot water every twenty minutes. The first powder perceptibly relieved the cramps, and after the third he fell into a natural sleep.

(FRANCIS MCMILLAN, M. D.)

The Result Speedy and Satisfactory.

An old sailor, aged 56. Complained of cutting pains in the abdomen and left hypochondriac region. Bilious stools, worse in damp weather, heat in bowels and rectum, gastric derangement, coated tongue, yellow eyeballs, sallow skin. Lived in a low, damp region. I had prescribed several remedies before I selected *Natrum sulph.* This proved to be the right remedy. The result was speedy and most satisfactory.

(H. S. PHILLIPS, M. D.)

Former Remedies Failed to Relieve.

Mrs. M. S. R., aged 61. Was taken with severe pains of a crampy nature in the lower bowels. Former reme-

dies failed to relieve. I prescribed *Magnesia phos.*, 3x, four tablets in hot water every half hour. Relief was experienced after two doses.

CONSTIPATION.

CAUSE.

Constipation may be caused by a deficiency of *sodium sulphate* or *sodium phosphate* in the fluids of the liver, causing a thickening of the bile; or a lack of *potassium chloride*, causing a lack of bile; or a deficiency of *sodium chloride*, which would cause an uneven distribution of water, etc. It is sometimes caused by relaxation of the villi of the small intestines or the mucous membrane of the colon. Constipation is frequently sympathetic and closely associated with some other disease of the body. A common exciting cause of constipation is the pernicious practice of prescribing pills and other cathartic nostrums on the slightest appearance of costiveness, which if left alone Nature would correct herself. Many mothers are so possessed with the idea that the bowels "*must be kept open*," that they continually give physic to their children without the slightest call for it, thereby laying the foundation for derangements of the stomach and bowels in after life.

Nearly, if not all, *cathartics* have a reactionary effect and will leave the bowels in a much worse condition. It is good procedure to have the bowels move regularly (naturally), but it should be accomplished by proper attention to conditions, diet, etc.

"*Indigestion*" is a frequent cause of this disorder, and the reader is referred to that article.

SYMPTOMS.

The symptoms of this disease are apparent, being simply a retarding of the discharges from the bowels.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Constipation due to heat in the rectum, causing absorption of the natural fluids of the feces, and resulting in hardening and drying of the discharges. Piles, prolapsus of the rectum, or inflammation of the vagina or uterus often cause this condition.

Kali Mur.—Constipation, with light-colored stools, from torpidity of the liver and want of bile. With white or grayish-white coated tongue, or when fat foods disagree. Eyeballs have a protruded appearance.

Kali Phos.—Stools dark-brown, streaked with yellowish-green mucus. Paralysis of rectum or colon. Constipation due to sedentary habits or excessive nervous conditions, or mental strains, causing prostration.

Natrum Mur.—Constipation when caused from lack of moisture in the intestines. Dryness of the bowels, with watery secretions in other parts, watery eyes, excess of saliva, watery vomiting, etc. Constipation with water-brash; dull, heavy headache; hard, dry, black, lumpy, stools, difficult to pass; torn, smarting feeling after stool. Injections of hot water, with salt, will help.

Natrum Sulph.—With bilious symptoms, hard, knotty stools; soft stools, difficult to expel.

Calcarea Fluor.—Inability to expel feces requires this remedy. The muscles of the rectum become relaxed, allowing a too large accumulation of fecal matter; feces have to be dug out.

Calcarea Phos.—Hard stool, with occasional pieces of albuminous mucus, also in anemic constitutions.

Natrum Phos.—Constipation of infants, with occasional attacks of diarrhœa.

SUGGESTIONS.

In chronic cases relief may be obtained by occasional injections of tepid or of cold water, until the selected remedy has had time to act. In dry conditions of the rectum or colon, a little salt should be thrown in the water to create moisture. A glass of hot water before breakfast, or the drinking of several glasses of cold water during the day is beneficial. Other beneficial measures are: early rising; daily out-door exercise; dashing cold water against the belly, and then applying brisk friction by means of a coarse towel; kneading the bowels, eating of one or two apples in the evening, etc.

The diet should be regulated according to the state of the digestive organs. Highly seasoned or fibrous foods should be avoided.

Leave active cathartic drugs severely alone; study the actual conditions, and adopt natural methods.

Suffered from Birth—Entirely Cured.

Boy, aged 11 years. Born of scrofulous parents; has an idiotic brother; patient himself mute and almost an idiot. The poor creature suffered with constipation from birth; would go from three to four weeks without stool. After a course of *Natrum mur.*, 30x, the constipation was *entirely cured.* (DR. GROSS.)

Cathartics Failed to Give Relief.

Mrs. H., aged 26. Mother of three children; constipation since birth of last child, three months ago. Cathartics had failed. The stools were hard and dry, were partially expelled with much straining, and then receded into the rectum. *Silicea*, 30x, cured in four doses, taken night and morning. (I. P. JOHNSON.)

Many Cases Cured.

Dr. Triplett reports many cases of constipation relieved by the use of *Kali. mur.*, when the characteristic symptoms were present.

CONSUMPTION.

CAUSE.

While the word consumption, in its true meaning, has a wide scope, it is generally applied to consumption of the lungs, and it is this application which I shall here adopt. This disease is the greatest scourge of our land, and is annually striking down thousands of the best of the nation. It is not confined to our own country, but is prevalent to a greater or less degree in every land under the sun. Although I firmly believe that no good will ever come from investigation along the lines laid down by Prof. Koch or Dr. Brown-Sequard, still I would encourage every true investigator, who is honestly seeking a specific for this dread disease. If found, he will need no better encomium than the blessings of the people.

This disease consists of a consuming of the lung tissues. It may primarily arise from repeated inflammations or conjestions of the lungs, but very frequently it is insidious in its approach, and gives but little warning till too late. The greater number of consumptive cases are due to "poor blood," which is not sufficient to furnish lung tissue fast enough. It may also be caused by an imperfect expansion of the lungs, thereby failing to admit enough oxygen into the system. However, the disease itself is simply a deficiency of some of the inorganic salts in the blood. This deficiency may arise from improper diet; bad air; sudden changes of temperature;

repeated colds; insufficient exercise; improper exposure to the elements; bad ventilation in bed-rooms; incorrect position; non-expansion of the lungs; sagging beds, etc.; in fact, anything which will cause a deterioration of health. There are some climates which are conducive to this disease, viz.: damp or hot and moist climates. Some constitutions, also, are predisposed to consumption; not that they inherit the *disease*, but they inherit the *tendency to the disease*.

SYMPTOMS.

This disease is so general, and its symptoms so well-known, that it is a waste of time to enumerate them here, further than to give a brief outline. The patient is usually thin, and in the later stages greatly emaciated; cheeks hollow; night-sweats; hectic flush on one or both cheeks; hollow chested; stoop-shouldered; constipation; poor digestion, and sometimes loss of appetite. There is generally a hollow or racking cough, which is worse in the morning; the mucus raised varies in color and consistency, according to the stage of the disease, at first being albuminous, but in the later stage assuming a thick, mattery or frothy form. There are frequent flashes of heat, and at times hemorrhage from the lungs, but this is not, necessarily, a symptom of consumption.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the febrile symptoms, fever, flushed face; short and oppressed breathing; dry, tickling cough; pain in the chest; bleeding from the lungs; expectoration streaked with blood, etc.

Calcarea Phos.—In incipient consumption, for weakness, emaciation, expectoration of albuminous mat-

ter, chronic, bronchial cough. Intercurrently in all cases, to rebuild wasted tissue; poor digestion; excessive perspiration.

Silicea.—An important remedy in this disease. Profuse night-sweats, foot-sweats, constipation. Loose and rattling cough, with profuse expectoration of thick, greenish-yellow, fetid pus. Hectic fever; soles of feet burn; sweet, insipid taste in the mouth, and loss of appetite.

Calcarea Sulph.—Easy expectoration of mattery pus, sometimes mixed with blood.

Kali Sulph.—Expectoration of thin, yellow mucus, which frequently slips back into the throat and is swallowed; dry and harsh skin, afternoon fever, etc.

Kali Mur.—Expectoration thick, white; white or grayish-white coating on the tongue.

Natrum Mur.—Expectoration loose, rattling, watery, clear and frothy and sometimes bloody. In hemorrhage, large doses, alternate with *Ferrum phos.* General weakness after exertion. Patient worse in salty atmosphere. Chronic cough with frothy sputa.

Kali Phos.—Shortness of breath, prostration, putrid sputa, palpitation and irregular action of the heart.

Natrum Sulph.—For bilious symptoms, should they be present.

SUGGESTIONS.

Patients afflicted with this disease should live in a pure, dry atmosphere, rich with oxygen. They should live as much as possible in the open air, and have their sleeping apartments well ventilated. Many physicians advocate "shutting out the impure night air," but my experience is that "night air," although not so good as day air, is far preferable to the putrid air of a closed

bed-chamber. "Night air," at least, contains oxygen, which is so necessary for a consumptive patient. Oxygen is more readily absorbed by the system when in repose than when active. Poorly ventilated rooms are deficient in oxygen, but rich in noxious gases, which are deadly to the system. Consumptive patients are greatly benefited by camping out in the mountains and sleeping in the open air. *Draughts* of air and constant catching cold should be avoided.

For the bowel symptoms *copious* injections of hot water, three times per week, are beneficial.

The diet should be light, easily digested, but nourishing. Eat several times per day, but never overload the stomach. Cream, carbonaceous foods, cod-liver oil, etc., is good for the excessive emaciation and to "oil" the tissues. Take frequent, but very light exercise, and sleep on a *straight*, *hard* bed; one that does not sag. At intervals take deep, long breaths to thoroughly oxygenize the lungs.

The medicine must be continued faithfully, even after the acute symptoms have disappeared.

Other Physicians Gave Him Up.

Mr. T., aged 30, of a sanguine, bilious temperament, dark complexion, family consumptive, two sisters and a brother having already died. Had several hemorrhages, and from that time had constantly declined. After passing through the hands of several physicians, the last of whom said he could not live six weeks, he was turned over to me. There was a large cavity in the right lung; heavy rales in the left bronchi; sputa very heavy and largely purulent; odor of cadaver present; no appetite; could sit up only long enough to have his bed made; skin cold and clammy and drenched with

night-sweats. The case was forty miles away and was so forbidding that I refused his brother when he asked me to visit him again in a week.

He was given a dose of *Silicea*, 200, every other night for the first week, and afterward a dose twice per week. The remedy acted like a charm from the first, and the improvement continued till he was well and able to go to work. He was living four years after and enjoying fine health. Three leading allopathic physicians had agreed as to the diagnosis, and there is no room to doubt that it was a genuine case of consumption.

(G. N. B., IN BRIGHAM'S "*Phthisis.*")

Confined to Her Bed Nine Months.

Mrs. McH., who had been bedridden for nine months, was given up by four doctors as beyond medical treatment. Both lungs diseased; right cavity of the heart greatly dilated; some dropsy; took her an hour sometime before she could find the right position to rest in; cough and expectoration very bad; breath extremely short and constant palpitation. By patiently adhering to the tissue remedies she now lives in comparatively fair health. To reassure all concerned, a diagnosis was made. Dr. H., a specialist, concurred in the statement that her right lung, of which a large portion is gone, is now fairly healed up, and dilatation of heart has almost entirely disappeared. (FROM SCHUESSLER.)

CORNS.

Corns are very small things, but are exceedingly troublesome and painful. They are generally caused by wearing tight shoes or shoes which are constantly chafing the parts; at other times they may arise from a constitutional tendency to tenderness of the feet. This

class can be cured only by a treatment which tends to toughen the feet. Discover the cause, if possible, and correct it at once. When there is great pain, smarting, and burning in the corn, *Ferrum phos.*, a local application, will give relief. *Kali mur.*, taken internally, will assist to throw off the hard excrescence. Paring is of very doubtful efficacy, as it is liable to enlarge the corn. It is much better to bind on a little pad of cotton, which will usually, if continued for some time, remove the trouble. Soft corns between the toes can be treated satisfactorily in a similar manner.

COUGH.

Cough is not, theoretically speaking, a "disease," but merely a symptom or sign of Nature, calling our attention to an abnormal condition. In another sense, too, it is an effort of Nature to throw off an accumulation of disorganized matter, which, if not removed, *might* cause serious results. Coughs may arise from an irritation of the air passages, due to disease of the lungs, or from cold or other causes, or it may be sympathetic, due to other diseased organs, such as the uterus, liver, etc. The cough itself is not dangerous only as it shows the varying conditions of the air passages.

BIOCHEMIC TREATMENT.

Kali Mur.—Is the remedy for loud "stomach-cough" accompanied with white or grayish-white coated tongue. When the expectoration is *thick*, *milky-white*, *tenacious phlegm*. *Croupy*, hard cough; croup-like hoarseness.

Ferrum Phos.—Short, acute, painful cough, with soreness in the lungs and no expectoration. Tickling cough, caused by irritation of the bronchial tubes. Hard

and dry cough, with soreness of chest, alternate with *Kali mur.* or *Natrum mur.* For all the inflammatory symptoms accompanying a cough, *Ferrum phos.* is the remedy.

Magnesia Phos.—Paroxysms of coughing, without expectoration. Spasmodic cough, loud and noisy, like *Kali mur.*, but with spasmodic symptoms; relieved by hot drinks. Whooping-cough, for the spasmodic symptoms.

Kali Sulph.—Third stage of inflammatory coughs, with expectoration of *slimy*, yellow or watery-yellow matter. Always worse in a warm room or in the evening; better in cool, open air. Cough, when the mucus slips back and is swallowed. Hard, hoarse, croupy cough, with a tired feeling in the back of the throat.

Calcarea Sulph.—Cough, when the expectoration is loose, mattery and sometimes streaked with blood.

Silicea.—Useful in consumptive coughs, with thick, profuse, yellowish-green, mattery expectoration; always worse in the morning on rising or on lying down at night; worse from cold drinks; greasy or insipid taste in the mouth.

Natrum Mur.—Cough, with clear, watery expectoration, sometimes tasting salty, or with excessive discharge of watery secretions from the eyes, nose or mouth. In *dry*, *tickling*, *hacking*, *irritating coughs*, when *Ferrum phos.* fails to give relief. Chronic coughs, worse in a salty atmosphere.

Calcarea Phos.—Expectoration clear, like *Natrum mur.*, but thick, rich in albumen—like the white of an egg before it is cooked. Intercurrently in all consumptive coughs.

Natrum Sulph.—Cough, with "gone" feelings in the chest. Expectoration thick, ropy and yellowish-green. Also sympathetic cough in bilious troubles.

Calcarea Fluor.—Cough, with expectoration of tiny, yellow, tough lumps of mucus, sometimes smelling badly; tickling coughs, due to relaxation of the throat muscles, or elongation of the soft palate.

SUGGESTIONS.

A cough, though not a disease itself, frequently indicates a serious abnormal condition, and should, therefore, *never* be neglected; if attended to at once, grave results may be avoided. The majority of coughs arise from an inflammatory or diseased condition of the air passages, and for this reason great care should be observed. I would not advise "coddling" or the exclusion of fresh air; fresh air is very essential, but care should be taken to inhale it through the nostrils and not through the mouth.

Cold water baths of the throat and chest, followed by *brisk rubbing*, are beneficial, and will often prevent taking cold.

Draughts of air, cold, "raw" winds, becoming chilled, etc., should be avoided.

During coughs, when there are inflammatory symptoms present, all meats or other food hard of digestion, must be omitted from the daily fare; otherwise, the diet should be nutritious.

Cough Continuous and Severe.

Dr. W., aged 54, contracted a severe cold which located in the larynx. The cough was severe and many remedies were tried without relief. The cough was continual, hacking, with a frothy, white, extremely

salty expectoration. *Natrum mur.*, 6x, was given and the cough stopped almost instantly, to his great astonishment; treatment was continued for three days, when the cure was complete. (WM. CHAPMAN, M. D.)

Two Cases Promptly Relieved.

Two cases of spasmodic cough were promptly relieved by *Magnesia phos.*, 4x and 6x, respectively; the leading indications being its spasmodic character; worse on lying down, and at night, and on breathing cold air; better on sitting up; tightness across the chest.

(DR. F. W. SOUTHWORTH.)

Natrum Mur. in Coughs.

Mrs. B., aged 34. Cough constant, short, dry, inflammatory, hacking, and with considerable pain in the lungs. *Ferrum phos.* was prescribed for twenty-four hours without results; it was then alternated with *Natrum mur.* In *one hour* the cough disappeared entirely—not one "hack" was left, and it did not return.

(H. B. JONES, M. D.)

Ferrum Phos. Speedily Cured Her.

A lady (*enciente*) was suffering with a cough which caused great inconvenience, as with every cough there was emission of urine. *Ferrum phos.*, cured her very speedily. A short time ago the lady, under similar circumstances, was again troubled with a cough. *Ferrum phos.* this time also cured her as speedily.

(DR. FISHER.)

CRAMPS.

CAUSE.

The cause of cramps is the same as that of spasms, convulsions, etc., *i. e.*, a deficiency of the cell-salt *Magnesia phos.*, which controls the white nerve-fibers.

Just what causes the deficiency, would, probably, be difficult to determine, but it might arise from errors of digestion, overtaxing of the muscular system, etc.

BIOCHEMIC TREATMENT.

Magnesia Phos.—Is the remedy for all kinds of cramps; it should be given in hot water, and very frequently when severe. *Calcarea phos.*, being closely related to *Magnesia phos.*, often follows that salt when it fails to give relief. It is good practice to give the two salts in alternation, when the diagnosis is uncertain.

SUGGESTIONS.

During a paroxysm of cramp, the best mode of relieving the pain is said to be by firm pressure of the part or by pressing the foot against the bedstead or any other object. Pulling the limb steadily has worked some wonderful cures in my hands. A most novel procedure for the radical and "infallible" *cure* of cramps comes from England, the author's name having slipped from my memory. The cure consists, simply, of placing a common metallic door-key in the foot of the bed. It is worthy of a trial, as it comes from high authority and is based upon the therapeutical fact that metallic iron is a remedy for cramps.

Suffered Intensely—Magnesia Phos. Entirely Relieved.

Several years ago I was called ten miles into the country, to attend an old man who was troubled with cramps in the calves of the legs. I saw him about noon, and he had been suffering since 12 o'clock of the previous night. His sufferings were intense, and many remedies had been tried without success. *Magnesia phos.* acted promptly, and before I left the house (about two hours) he was *entirely relieved* and no return.

CROUP.

CAUSE.

This very serious disease is due to an inflammatory condition of the windpipe, which causes a rapid secretion of fibrine; so rapid, indeed, that the patient is frequently suffocated ere medical assistance can be obtained. The principal exciting causes appear to be exposure to cold or damp; sudden climatic changes; cold north or east winds; or anything which causes the cell-salts to fall below their normal standard.

SYMPTOMS.

The attack generally commences with the symptoms of a common catarrh, such as fever, cough, sneezing, hoarseness, etc. At times it will require several days before the height of the disease is reached, but at other times the onset is very sudden. The acute symptoms are: short, difficult and hoarse respiration, accompanied by a shrill, whistling, squeaking, harsh, rattling or metallic sound, with cough of the same character. The patient frequently throws the head back to breathe more freely. Fever, also, is generally present. There is seldom much expectoration, and when any matter comes up in coughing, it has a stringy appearance, or resembles portions of a membrane. The countenance is anxious, face red, or livid hue, and often bathed in perspiration.

BIOCHEMIC TREATMENT.

Kali Mur.—Is the *chief* remedy in croup (3x); very frequent dose. It is the proper remedy to control the excessive exudation of fibrine. Should be given in alternation with *Ferrum phos.*, for the febrile symptoms.

Ferrum Phos.—For the fever, hurried breathing, etc. Alternate with *Kali mur.*, the chief remedy. These two cell-salts are all that are needed in a vast majority of croup cases.

Calcarea Phos. and Calcarea Fluor.—Should be given if *Ferrum phos.* and *Kali mur.* fail to act quickly.

Kali Phos.—When treatment is delayed and there is danger of a collapse; countenance is pale or livid; nervous prostration. Give in alternation with the chief remedy, *Kali mur.*

SUGGESTIONS.

The child should be kept warm and carefully guarded against the slightest chill. If *Ferrum phos.* and *Kali mur.*, 3x, be given early enough and in frequent doses, there will be no danger of the forming of a "false membrane" on the throat. If, however, the case comes late under treatment and there is *danger of suffocation*, I would advise large doses of *Kali mur.* in a low potency and in rapid succession. I have had no experience with desperate cases of this disease, but some have had great success with powdered alum and sugar, one-half teaspoonful of each, given simply to remove the membrane and followed with *Ferrum phos.* and *Kali mur.*

The use of meats or other irritating food must be excluded from the patient's diet, even for some time after a cure is effected. Liquid foods, milk, toast and water, etc., should be the principal food, but may be increased in quality and quantity as convalescence advances. Exposure to cold, bleak, dry winds or damp must be carefully avoided.

The Third Dose Showed Improvement.

Dr. H. C. Hullinger reports a very severe case of croup which he treated with the tissue remedies. He

gave *Ferrum phos.* and *Kali mur.*, about 20 grains each, dissolved in one ounce of boiling water; one teaspoonful every fifteen minutes in alternation. Improvement began soon and continued to his entire satisfaction.

Gasping for Breath; Soon Resting Easy.

April 4th, I was called to see a case of croup; it was a bad one—the mother holding and the father fanning the child, which was gasping for breath. I called for two glasses each half full of water. Into one I put a teaspoonful of *Ferrum phos.*, 3x, and into the other the same quantity of *Kali mur.*, 3x. Taking out my watch, I gave a teaspoonful of each alternately every two and a half minutes. In exactly twenty minutes the child was in bed sound asleep. (L. E. Cook, M. D.)

Breathing Heard All Over the Room.

Case of croup in a child three years of age; very severe—breathing could be heard all over the room. *Ferrum phos.*, 6x, and *Kali mur.*, 6x, gave prompt relief without return of the affection.

DEAFNESS.

(See Ear, Diseases of.)

DEBILITY.

(Lack of Strength.)

Debility is generally due to some weakening disease or inherited weakness from the parent. Biochemically, it is due to a deficiency of some of the phosphates of the blood. It is frequently associated with anemic or chlorotic conditions, or disturbance of the digestive functions. *Calcarea phos.* is the principal remedy in this disease, and will generally be all that is needed to effect a cure. Should there be nervous or mental symptoms, or languor,

Kali phos. should be given. *Natrum mur.* should be considered if chlorosis is present. If there are gastric disturbances, see the article under that head. Cold morning baths, followed by brisk rubbing, is beneficial. The diet should be carefully watched, proper out-door exercise taken, and regular hours observed.

DELIRIUM TREMENS.

CAUSE.

Delirium tremens is caused by an unequalization of water. When any substance is taken into the system, which is not wanted, an effort is made to get rid of it. Water is used for this purpose. When alcoholic drinks are taken, the water in the system is called upon to wash away the poison, as it is not needed in the human economy. *Natrum mur.* molecules govern the distribution of water in the system, but by the continual use of alcoholic poisons the molecular action of this salt is interfered with and allows a deficiency of water to occur at different parts of the spinal column, and an accumulation at the base of the brain. This excess of water, pressing on the nerve centers, produces the hallucinations and delirium. The exciting cause is, of course, the excessive drinking of ardent spirits.

SYMPTOMS.

There are certain premonitory symptoms, such as: constant activity of the mind, anxiety, restlessness, impaired appetite, foul tongue, etc. Soon after these forboding signs the attack begins, and the following symptoms occur as the disease advances: disturbed sleep; frightful dreams; imaginary visions and sounds; fixed ideas, as of some one poisoning him or doing him other

bodily harm; dread of being alone; stuttering, inarticulate speech; the eye rolling, restless, wild-looking; skin damp, or covered with a cold, chilly, sweat.

As the disease advances, complete delirium sets in, the patient shows demoniac powers, shrieks in terror, struggles with his attendants till, overcome by fatigue, he falls to the floor.

BIOCHEMIC TREATMENT.

Natrum Mur.—Is the *chief remedy* for this disease, to control the proper distribution of water. Low muttering; wandering delirium; frothy bubbles of saliva on the tongue. Alternate with *Kali phos.*, to restore the nerve functions.

Kali Phos.—For the fear, sleeplessness, restlessness and suspiciousness; rambling talk; horrors; sees imaginary objects. Alternate with *Natrum mur.*

SUGGESTIONS.

A Complete and Speedy Cure.

I was consulted by the relatives of a man suffering from delirium tremens. I ordered *Natrum mur.* A complete cure followed speedily.

(FROM SCHUESSLER.)

DIABETES.

This is a most serious disease, and one which does not properly belong in a work purely domestic. Its diagnosis is dependent upon a thorough and practical analysis of the patient's urine, which cannot be entrusted to inexperienced hands. The author holds himself in readiness to make a careful analysis of urine, give an opinion on the case, and prescribe the necessary remedies, when so requested by the patient, under conditions mentioned elsewhere in this work.

DIARRHŒA.

CAUSE.

This disease is simply an increase of the secretions of the bowels. The exciting causes are generally due to indigestion, sudden changes of temperature, or the frequent use of purgative medicines or any other irritative substances. Of course, the actual cause is the same, *i. e.*, a disturbance of one or more of the cell-salts. Diarrhœa frequently accompanies fevers, and at times is considered as a salutary crisis of the disease.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Diarrhœa with inflammatory symptoms, fever, thirst, etc., alternate with remedies indicated by color of the stool. Diarrhœa caused by a chill; stools consist of undigested food, or watery, frequent stools.

Kali Mur.—Stools are light-colored, pale yellow, ochre or clay-colored. Diarrhœa in typhoid fever, with stools as above. White or slimy stools after eating rich food, with white-coated tongue. Bloody or slimy stools.

Kali Phos.—Diarrhœa with foul-smelling, putrid stools; discharges like rice-water; offensive stools, with or without pain; also when depression or exhaustion is present.

Kali Sulph.—Stools are yellow, watery, and mattery; tongue coated light yellow; sometimes cramps in the bowels if *Magnesia phos.* fails to relieve.

Natrum Mur.—Stools are mattery, slimy, transparent or of glairy slime, caused by an excessive use of salt; stools cause soreness and smarting. Diarrhœa alternating with constipation.

Natrum Sulph.—Stools are mattery, dark or green, bilious. Chronic diarrhœa, with loose morning watery stools; worse in cold, wet weather. Diarrhœas of old people.

Natrum Phos.—Stools are sour-smelling and green, due to acidity of the stomach and bowels. Summer diarrhœas from eating unripe fruit, or associated with worms. Diarrhœas of teething children, with acid symptoms; note the creamy, golden-yellow coating on the tongue.

Calcarea Phos.—One of the best remedies for diarrhœas of teething children, due to poor assimilation of food; should be alternated with the remedy indicated by color of the stool. *Calcarea phos.* stools are hot, watery, offensive, profuse and sputtering; sometimes green or undigested. Diarrhœas in pale, anemic or rachitic children.

Magnesia Phos.—For cramp-like pain in the bowels, flatulent colic; relieved by hot applications. Alternate with the remedies indicated by color of the stool.

Calcarea Sulph.—Stools mattery, or blood and matter.

SUGGESTIONS.

Calcarea phos., *Ferrum phos.*, and *Natrum phos.*, are the most frequently indicated remedies in diarrhœas of young children; while *Natrum sulph.* is suitable to old people. As in cholera, dysentery, or any other bowel trouble, occasional large enemas of hot water are beneficial to cleanse and heal the membranes. Care must be taken against stopping the discharges too rapidly by the use of opium or other drastic drugs, which frequently do great harm. The natural way is to diminish the discharges by restoring the equilibrium of the cell-salts

which are disturbed. Care must be taken with the diet; acids, wines, beer, coffee and fruits should be avoided. Solid food, also, should be prohibited in acute attacks. The diet should consist of easily digested food, in small quantities, and which is free from acids. The patient should be kept warm and quiet.

Afflicted for Many Years.

Case of an old soldier who had been afflicted with spells of the army diarrhœa ever since the war. He was so thin there was not much of him but skin and bones, and he had no appetite, and it seemed like the last call to pass over the river. A few days' treatment worked so well that he felt as though he had been resurrected, and he said it was worth a hundred dollars to him. The remedy was *Natrum mur.*, 6x. He had taken many other remedies without any effect. (DR. D. L. HURD.)

One Dose Affected a Cure.

An old man was attacked by a severe vomiting and diarrhœa, accompanied by exceedingly painful cramp in the calves. Evacuations had the appearance of rice-water. I undertook the treatment about six hours after the beginning of the attack, and one dose of *Kali phos.* effected a cure. The speedy cure in this case of choleraic diarrhœa would justify the belief that *Kali phos.* is a specific against cholera. (FROM SCHUESSLER.)

Different Medicines Aggravated the Case.

A negro child, two months old, with the following symptoms: painful diarrhœa, constant rolling of the head, eyes turned up, tongue brownish-yellow, no desire to nurse for some time. Had been sick for a week, but it got worse under different medicines, then she called me. With little hope of its recovery, I prescribed *Magnesia*

phos. and *Calcarea phos.* in alternation every fifteen minutes. In five hours I returned to see if it were alive, and to my astonishment found it better. The next morning it was considerably better, and in three or four days the case was dismissed. (E. H. H.)

Magnesia Phos. and Natrum Sulph. Cured.

Case of infant, three weeks old, that its mother was bringing up by feeding it oats, as she could not nurse it. It would scream with pain, which *Magnesia phos.*, 3x, soon relieved; and the green, slimy discharges were arrested by *Natrum sulph.*, 3x. I advised the father to give a new milch cow's milk, instead of oats, which he did, and the child is well. (D. L. HURD, M. D.)

DIPHTHERIA.

CAUSE.

The biochemic pathology of diphtheria is the same as that of other diseases, *i. e.*, some of the inorganic cell-salts (the workers) have fallen below their normal standard, and allows the accumulation of organic matter (in this case fibrine) which, becoming non-functional, is thrown out of the circulation. It is then carried by the fluids of the body to some excretory organ (in diphtheria, the tonsils, palate, etc.) and appears on the surface in white exudations. More or less of the other cell-salts may become disturbed, and will cause different symptoms or combinations of symptoms. The cure consists, simply, in supplying the deficient cell-salts in a medicinal form, thereby restoring the normal condition.

SYMPTOMS.

In the first stage there is often little or no derangement of the general health; but in severe types there is

prostration; chilliness; fretfulness; loss of appetite; sore throat, and slight difficulty of swallowing. The tonsils and palate become inflamed, somewhat swollen and *speckled* with small *white spots*, which, in a few hours, deepen into a yellowish hue, and frequently run together and form a false membrane. It generally exhales a fetid odor, and there is sometimes a flow of saliva. In the simple form of the disease, the membrane disappears in a few days, and recovery is established. However, it may run into the malignant type, and collapse or exhaustion may follow. The disease generally runs its course in about a week.

In favorable cases the fetid odor of the breath decreases; the exudations shrivel and drop off; the swelling and redness subside, and the mucous membrane becomes healthy. Unfavorable signs are: acrid discharge from the nose; invasion of the windpipe or complication with croup; bleeding from the nose or mouth; coldness of the body; diarrhœa and vomiting; convulsions, etc.

Even after mild cases there may result paralysis of some part or derangement of the senses, such as hearing, smell, taste, etc., but when intelligently and properly treated with the tissue remedies, these distressing sequelæ rarely occur.

BIOCHEMIC TREATMENT.

Ferrum Phos.—In the first stage of diphtheria. for the febrile symptoms. Alternate with *Kali mur.*

Kali Mur.—The *chief remedy* in this disease. Alternate with *Ferrum phos.* in the first stages. To control the white exudation or false membrane, swelling of the tonsils, white-coated tongue, etc.

Natrum Mur.—When vomiting of watery fluids or watery diarrhœa sets in; face puffy and pale, associated with drowsiness or excessive flow of saliva; dryness of tongue; deep, heavy breathing.

Natrum Sulph.—Vomiting of green, bilious fluids, with bitter taste; welling up of mucus in the throat. Alternate with the *chief* remedy.

Kali Phos.—For exhaustion or prostration; malignant conditions; collapse; after-effects, such as: weakness of sight, nasal speech, or paralysis in any part of the body.

Calcarea Fluor.—If from mismanagement the disease has gone to the windpipe—alternate with *Calcarea phos.*

Calcarea Phos.—Diphtheritic exudation spreading to the windpipe; after diphtheria, to repair the waste; also as an intercurrent remedy during the course of the disease.

Natrum Phos.—When the roof of the mouth, tonsils and back part of tongue are covered with a moist, creamy-yellow coating—constituting what is called "false" diphtheria.

SUGGESTIONS.

In the commencement of the disease *Ferrum phos.* and *Kali mur.* should be alternated and given *very frequently.* This, in the majority of cases, will be all that is necessary, as it will cure. If the disease gets beyond control and extends to the windpipe, *Calcarea phos.* and *Calcarea fluor.* will be required; but cases of this kind are extremely rare, if the tissue remedies are used faithfully. If the patient be old enough, a gargle should be used of *Kali mur.*, 1x to 3x, in hot water, (15 grs. of the

cell-salt to one-half glass of water.) A gargle of *borate of soda* is recommended, and also the application of pure glycerine, to dissolve the exuded false membrane; it should be applied with a camel's-hair brush.

The diet must be easily digested but nourishing, to overcome the weakness. When the patient is unable to receive food by the mouth, rectal injections, consisting of beaten up eggs and fresh milk, or the essence of beef, etc., may be given every two hours; say about an ounce of the food each time. The patient must be protected from draughts of air or exposure to a chill. All utensils used by the patient should be taken care of and washed, immediately, in hot water. The saliva, or any of the membrane which has become detached, should not be allowed to come in contact with another person. The patient should be kept quiet both during and after the disease, as fatal results may follow very trifling exertion. In most cases of this disease it may be successfully treated domestically, but in severe types, or when the malady is epidemic, a competent biochemic physician should be called at once.

Cured in Three Days.

Dr. John A. Henning reports two cases of diphtheria. The first, a boy of eight years, had diphtheria with fever; pulse 100; tongue pasty, white coated; tonsils swollen, and an exudation of large, white flakes on both tonsils; glands very much swollen. *Ferrum phos.* and *Kali mur.* cured the patient in three days. The second case was similar, with like results. He is well pleased with results of treatment, as he has treated diphtheria, more or less, each year for thirty years.

An Extraordinary Case.

A boy of 14, developed diphtheria; gray spots on both tonsils, and diphtheritic odor; great extension of mem-

brane to both tonsil and uvula. As the disease progressed, the tonsils were covered with cadaverous-smelling membrane, which had also invaded the nostrils; great difficulty in respiration. Membrane protruded from both nostrils, which exuded a thin, excoriating ichor. Could not breathe through the nostrils; hemorrhages of the nose; very foul odor. This case was cured in nine days by *Ferrum phos.* and *Kali mur.*, with occasional doses of *Kali phos.* and *Calcarea phos.*, as symptoms arose. (A. C. DAVIS, M. D.)

Kali Mur., Ferrum Phos., Quick Results.

Boy, aged 5 years, developed diphtheria. I found the little patient with greatly enlarged glands; patches on the tonsils; fetid breath; temperature 104°; pulse 140. *Ferrum phos.*, 3x, and *Kali mur.*, 6x, in alternation every hour, cured the case in a few days.

(S. M. KESSLER, M. D.)

Recovered Rapidly Under Calcarea Phos.

Fully developed case of diphtheria, with characteristic glandular enlargement; tonsils, uvula and entire soft palate were covered with a thick diphtheritic exudation. Could not swallow without great pain. *Kali mur.*, 6x, every two hours. Marked improvement the next day, and in four days every vestige of the throat trouble had disappeared and the child recovered rapidly under *Calcarea phos.* (W. M. PRATT, M. D.)

A Record of 2,000 Successes.

Schuessler has a record of over 2,000 cases of diphtheria treated (without a death) with the tissue remedies.

The Membrane Cleared Like Magic.

From my records of diphtheria, I find that I have uniformly better success in those cases in which *Kali*

mur., 2x or 3x, has been used. I have had some bad cases, the kind which try men's souls, and which seemed to resist everything until this remedy was used locally, when the membrane cleared off like magic.

(DR. BITTENGER.)

DIZZINESS.

(See Vertigo.)

DROPSY.

CAUSE.

Generally speaking, dropsy is not a disease itself, but a symptom of a diseased organ. It consists of an accumulation of water in the tissues, arising from an abnormal condition of the heart, the liver or the kidneys. It can progress to such an extent that other distressing symptoms may arise. The theory has been advanced that the origin of dropsy is a deficiency of *calcium phosphate* and *sodium chloride* in the blood-serum.

The water and albumen, not having the needed salts to properly diffuse them, accumulate in the tissues. Other salts become deficient as the disease progresses, the pores close, perspiration stops, and the waste and water remain in the tissues unless removed by artificial means.

SYMPTOMS.

Dropsy, as it progresses, may take on many forms and give rise to numerous symptoms. But an almost infallible sign of dropsy is by pressing the finger-point firmly on the swelling and holding for a moment—a slight depression or dent will be left, which disappears slowly, if water be present. This dent cannot be made in an ordinary swelling. The dropsical swelling may be

situated in the hands and feet, the whole of the lower limbs, the chest, the belly or all over the body and limbs. At times it is very slight, but frequently assumes immense proportions.

BIOCHEMIC TREATMENT.

Kali Mur.—General dropsy, whether arising from heart, liver or kidneys, when the liquid drawn off is whitish; white-coated tongue; swollen parts have a snowy-white, shining appearance. Dropsy from obstruction of the bile-ducts, indicated by white tongue.

Natrum Sulph.—The *chief remedy* in dropsy, to carry off the excess of water. Simple dropsy in any of the tissues of the body, internal or external. Give in alternation with other remedies, or intercurrently in all cases of dropsy.

Natrum Mur.—Alternate with *Natrum sulph.*, to restore the distribution of water in the system. The tongue will have a clear, watery, frothy appearance.

Calcarea Phos.—Dropsy arising from anemia, poor assimilation of food, loss of blood, etc. Alternate with *Ferrum phos.*

Calcarea Fluor.—Dropsy arising from heart disease, or from dilation of any of the cavities. Also to tone up the contractile power of the tissues.

SUGGESTIONS.

Other symptoms may arise and other remedies be needed. When this is necessary, they should be selected according to the recorded action of each cell-salt. Palpitation of heart, *Kali phos.;* sharp pains in heart and muscles, *Magnesia phos.;* severe indigestion, *Calcarea phos.* or *Natrum phos.*, etc. In connection with this, it is well to note that there will be two sets of symptoms

to prescribe for, viz.: those depending on the primary disease and those depending on the accumulated fluid. It may be necessary to resort to "tapping" the patient in severe cases, but if the remedies are carefully chosen it will be a rare occurrence. The diet should be nourishing, but of easy digestion. In acute cases, associated with inflammatory symptoms, the general diet for fevers should be observed.

Dropsy After Dyphtheria—Cured.

A little girl, aged 9, had recovered from diphtheria and scarlatina rather easily, and was allowed to be in the convalescent room; suddenly she began to swell without any apparent cause. Her face became puffy; the feet, also, edematous to above the ankles. Urine scarcely decreased, containing no albumen. Pulse somewhat feverish, but appetite, sleep and stools natural. I gave three different medicines without result. Dropsy was increasing rapidly. *Natrum mur.* alone cured this case in about a fortnight.

(DR. CONN.)

DYSENTERY.

CAUSE.

The same general causes as for diarrhœa are applicable to dysentery, but in this case there is a deficiency of *iron molecules* in the walls of the blood-vessels, giving rise to hemorrhage, inflammation, etc. The water in the system is either in excess or is unevenly distributed, allowing watery stools. As a secondary symptom, the *Magnesia phos.* molecules become disturbed, giving rise to cramps, spasms, etc., in the bowels and abdomen. The exciting causes are: suddenly checked perspiration, especially during or just after a spell of warm weather.

Becoming chilled in the evening after perspiring heavily through the day. Suppression of piles; local irritation, such as worms; living in marshy places; and in infants cutting teeth.

SYMPTOMS.

Constant urging to empty the bowels; straining; cramp-like pains in the abdomen; fever; stools of either mucus or blood, or both. The attack sometimes appears suddenly, but is frequently preceded by loss of appetite, costiveness, sickness of the stomach, fever, pain in the bowels. The discharges are increased and soon nothing is discharged but white mucus, which may change to blood; very frequent and foul-smelling stools. Ulceration or gangrene of the bowels may result, if it is not checked in time; but under the proper biochemic treatment, it loses its terrors.

BIOCHEMIC TREATMENT.

Magnesia Phos.—For the pains and cramps in the bowels and abdomen. Pains in the rectum, with constant urging to go to stool. Pains better from bending double; spasms.

Ferrum Phos.—In the commencement of the disease, and for the fever, inflammatory pain, etc. Stools hot and watery. Alternate with *Kali mur.*

Kali Mur.—If alternated with *Ferrum phos.*, at the commencement of the disease, it is generally sufficient to cure, if taken in time. Intense, cutting or steady pain in the bowels; constant urging to stool, with pain and purging. Pale-yellow slimy stools, white-coated tongue, etc. Alternate with *Magnesia phos.*, for the pain.

Kali Phos.—Stools offensive and putrid. At times the stools are pure blood, tongue dry, abdomen swells, delirium sets in and the discharges smell putrid.

Calcarea Phos.—After *Kali mur.*, when the stools become mattery, or mater mixed with blood.

SUGGESTIONS.

For the pain, cramps, spasms, etc., *Magnesia phos.* should be given in hot water, and taken by very frequent sips. A quantity of the remedy should also be dissolved in hot water and a copious injection given; these may be repeated several times per day. The patient must be kept very quiet and avoid all forms of exercise. Do not attempt to suppress the evacuations by strong drugs, else serious injury may follow; it is like plugging the bowels and allowing the poisonous matter to be absorbed by the system. Better to check the discharge gradually by healing the underlying diseased conditions. Constipation is apt to follow dysentery, hence the bowels should receive proper attention for some days after the acute attack is past, or until properly regulated. During the attack the diet must be *exceedingly* light and *very easy* of digestion. Wines, alcohol, acids, etc., *must* be prohibited. The diet should consist of thin barley-water, gruel, weak chicken-broth, beef-tea, etc. After recovery has begun this diet may be *very gradually* increased till the usual diet is resumed.

A Distressing Case Relieved by Magnesia Phos.

A lady complained of extreme pain in the bowels and rectum, and constant desire to pass water and go to stool. Every time this pain came on, must rise and bend forward, and the only relief obtained was from hot water. *Magnesia phos.* every fifteen minutes, cured, third dose.

(DR. REED.)

Magnesia Phos. Changed Condition Immediately.

In treating a case of dysentery lately, I was at my wit's end to control the terrible pain in stooling. Under *Merc. cor.* the stools were growing less frequent, but the pain was increasing, being so severe as to cause fainting. Something had to be done, if I held my case. The pain in rectum and abdomen was very severe; more in rectum than abdomen. I prescribed *Magnesia phos.* in hot water. A hypodermic of morphia could hardly have acted quicker. The pain was *almost entirely* relieved by the first dose. The whole condition changed for the better, and I discharged my patient the next day.

(H. K. LEONARD, M. D.)

A Severe Attack Quickly Checked.

Mrs. B., had a severe attack of bilious dysentery. Stools very frequent and watery; intense pain in the rectum and abdomen; constant urging to stool. *Magnesia phos.* and *Natrum sulph.* acted well, but the pain in the rectum partially remained. A few doses of *Kali mur.* finished the cure.

DYSMENORRHŒA.

Painful Menstruation.)

CAUSES.

Dysmenorrhœa, or painful menstruation, may be due to several causes. *First*, a mechanical obstruction of the uterus; *second*, a contraction of the muscular fibers of the womb, causing a hardened condition; and, *third*, an excessive congestion of blood to the womb. There are several other causes, but these are sufficient for this work. By far the greatest number of cases are due to the last two named causes.

Owing to taking frequent colds, lack of proper exercise, improper diet, etc., there results a determination of blood to the uterus; the veins, becoming engorged, press upon the sensory nerves, which, in turn, cause the muscular fibers to contract and close the mouth of the womb. In order for the menstrual discharge to pass, it is necessary for Nature to force the way—which becomes a very painful proceeding.

SYMPTOMS.

These consist principally of sharp cramp or labor-like pains over the region of the womb and in the lower part of the abdomen. These pains usually come several hours before the discharge appears, but at times they are present during the flow. The menstrual discharge varies from a bright red to a deep black. At times a membrane is thrown off, which is an indication of the amount of inflammation.

The pains are usually described as colicky, bearing-down, dragging, griping, etc. At times severe nausea and headache are present, but they are secondary symptoms. The disease reappears at each succeeding month, and frequently increases in severity till the pains become almost unbearable.

BIOCHEMIC TREATMENT.

Magnesia Phos —For the spasms of pain. Cramps, labor-like, bearing-down pains. To relax the muscular fibers of the womb. Give 3x in hot water. Warm applications are soothing.

Ferrum Phos.—Painful menstruation, with bright red flow, flushed face and quickened pulse. Vomiting of undigested food. Membranous dysmenorrhœa. *Taken before the periods, it will prevent the congestion of*

blood. Alternate with *Magnesia phos.* during the attack.

Kali Phos.—Menstrual colic in pale, tearful, irritable, sensitive women, from lack of proper nerve-power; flow deep, dark red. Alternate with *Ferrum phos.*

Calcarea Fluor.—Painful menstruation, when due to hardening of the uterus.

Calcarea Phos.—Intercurrently in anemic patients.

Kali Mur.—When caused by taking cold; blood dark, blackish-red.

SUGGESTIONS.

Magnesia phos. for the pains; should be given in *hot water* (15 grs. 3x to a glass half full of water) and sipped at very frequent intervals. Dissolve about 20 grs. in a bowl of *hot water*—wring out cloths (as hot as can be borne) and apply over the region of the womb. Renew the cloths as often as they become cooled. Copious drinks of hot water are also very beneficial to relax the system.

To prevent the return of the attack, take of the indicated remedy steadily during the interval between the periods. The patient should have plenty of out-door exercise. Endeavor to build up the nervous system; keep regular and early hours; also see that the feet are warm and dry. Avoid "catching cold." The diet should be sufficient and nourishing, at the same time easily digested.

Pains Seemed Almost Unbearable.

A young lady, aged 24. Had been troubled every month since her puberty with severe pains in the uterus, back and loins, beginning several hours previous and continuing during the first two days of period. Pains so severe that they seemed almost unbearable. On second

day of flow she had hysteric fits. On the third day, when a membrane was discharged, she was free from pain, and flowed from six to seven days each month. *Magnesia phos.*, 4x, relieved the pain in an hour. Next month I advised her to take the medicine three times per day, beginning a day before the period. She had but very slight pain this time. The process was repeated the third month, when there was no pain. Since that time she has had no return of the pain.

(M. F. RICHARDS, M. D.)

Magnesia Phos. Brought Quick Relief.

I was called a few days ago to see a young lady who had been troubled every month with dysmenorrhœa. Found patient in bed; pain so severe that her cries were agonizing. Flow had appeared a few days before, but was very scant. I put about 30 grains of *Magnesia phos.* into hot water, and applied with cloths over the womb. Also gave *Magnesia phos.* internally every few minutes. She was relieved in half an hour, and in an hour went to sleep. Some may think it was the hot water applications, but it was not, as they had been tried before without relief.

EAR, DISEASES OF.

I have thought best to include all of the diseases of the ear under the above comprehensive heading, and note their symptoms under the different cell-salts. It is hardly necessary to enter into the pathology of diseases of the ear, as the same is covered completely by that of catarrh, exudations, etc. Whatever causes a diseased condition in a mucous membrane of any part, will also apply to that of the ear.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Diseases of the ear, when inflammatory symptoms are present, with fever, pain, congestion, etc. *Earache*, with throbbing, burning pain; also sharp, sticking pains, due to inflammation; hot outward applications relieve by making counter-irritation. *Noises* in the ear, singing and ringing, as if *quinine* had been used; beating in the ear. *Deafness*, due to chronic inflammation of the ear.

Kali Mur.—Secondary affections, after *Ferrum phos.*, or in alternation with it. After inflammations—the membrane thickened, causing deafness. *Deafness*, caused by swelling of the eustachian tubes; also with swelling of the glands of the ear; cracking noise in the ear, when blowing the nose or on swallowing. *Earache*, with swelling of the glands or membranes of the throat or ear; *tongue* generally coated white; white catarrhal discharge from the ear.

Kali Sulph.—*Earache*, with thin, yellow, watery matter. *Catarrh* of the ear, with the above discharges; sharp pains under the ear. *Deafness*, from swelling of the parts. Note the tongue, which has a yellow, slimy coating.

Calcarea Sulph.—*Deafness*, with discharge of thick, yellow matter, sometimes mixed with blood; to shorten suppuration.

Silicea.—Foul, mattery discharges from the ear; gathering of the ear, to hasten suppuration. *Silicea* hastens suppuration, while *Calcarea sulph.* shortens the time of the discharge. *Hearing dull*, when there is swelling and catarrh of the eustachian tubes, with foul, mattery discharges.

Kali Phos.—*Deafness*, with noises in the ear; with weakness and confusion; from nervous exhaustion or from want of nervous perception. *Ulceration* of the ear; pus is dirty, foul and offensive odor.

Magnesia Phos.—*Deafness* or dullness of hearing, from weakness of the nerves of the ear. After *Kali phos.* *Earache* of a nervous character, or with sharp neuralgic pains in or around the ear.

Calcarea Phos.—Cold feeling of the ears; pains and aches in the bones around the ear. *Earache*, with swollen glands in anemic or scrofulous children. Intercurrently in catarrhs of the ear.

Natrum Mur.—*Deafness*, from swelling of the cavities and associated with watery discharge or watery condition of the tongue. Roaring in the ears after taking quinine, accompanied with salivation, or tongue coated with frothy bubbles of saliva.

Natrum Phos.—Outer ear sore and covered with thin, cream-like scabs. One ear red, hot and frequently itchy, with gastric derangement and acid condition of the stomach. Note, also, the creamy-yellow coating of the root of the tongue.

SUGGESTIONS.

In *catarrhal* diseases of the ear, there should be given daily injections of the remedy in tepid water; care should be taken not to injure the delicate membranes of the ear by using undue force.

In *earaches*, especially if from inflammatory causes, hot applications may be made to the outer ear to cause the blood to flow from the sensitive nerves. A hot salt-bag or hop-bag is a useful method of applying heat.

In *deafness*, a careful diagnosis must first be made, and when the proper remedy is selected, it should be continued for several months at least.

Pain Relieved, Swelling Disappeared.

Miss M., aged 17. Came to me a few days ago, complaining of pains and a swelling behind the ear very sensitive to the touch. Had a previous occurrence when about five or six years of age—mother said she came near dying from it. This being third day, I gave her *Calcarea sulph.*, 6x, three times a day, and in a week she said the swelling was all gone, and on examination I found it so; after the second day's treatment the pain left and has not returned.

(THOS. S. WARD, M. D.)

Ferrum Phos. Stopped the Discharges.

A weak woman suffered three or four days from earache and pain in right side of head. The ear had been discharging for three days, but no relief of the pain, which was very severe. Membranes looked beefy-red, swollen and perforated; discharge profuse and mattery. *Ferrum phos.*, 2x, in water, every hour. In three days was better in every way, and in a week was well.

This Case Entirely Cured and Hearing Returned.

Case of young girl, scrofulous, with brown, offensive secretion from ear. Polypoid growth closed the opening. For eight weeks she has been entirely deaf in this ear, the deafness having gradually increased for four months. *Kali sulph.*, 12x, given. In two weeks the offensiveness had entirely disappeared. On examination found the polypus shriveled to a small, hard black mass. The hearing has entirely returned, with a slight whizzing noise. Every third day two doses were taken. This case was entirely cured.

(W. P. WESSELHOEFT, M. D.)

EARACHE.

(See Ear, Diseases of.)

ECZEMA.

(See Skin, Diseases of.)

EPILEPSY.

CAUSE.

Epilepsy is derived from the Greek, and signifies "to lay hold of." It is supposed to be, in some instances, of hereditary origin. I do not believe that the deficiency of the salts (*disease*) is transmitted from parent to child, but that certain tendencies or weaknesses are inherited which under exciting causes will allow the deficiencies to occur. Epilepsy is sometimes caused by vicious habits of a sexual nature, which drain the vital system of its fluids, thereby leaving a deficiency in the molecules of certain phosphates in nerve tissue and muscle fiber. Worms, also, are a frequent cause of this disease.

SYMPTOMS.

The attacks are sudden and come on by fits, although there are some premonitory symptoms, such as: pain in the head, flashes or sparks of fire in the vision, singing in the ears, palpitations, languor, etc. During the attack the muscles on one-half of the body are more implicated than the other; the eyes are convulsed and turned in different directions, but at last become fixed, showing only the whites; the fingers are clenched and the jaws work spasmodically; the patient froths at the mouth and frequently bites the tongue; the face is either of a dark red or livid color, or it is pale, or at times alternately pale and red. The discharges from the bowels and bladder are frequently passed involuntarily.

The fit passes away in a short time, but frequently one follows another in rapid succession, till the patient sinks. There are very few cases reported as having died during the paroxysms. The mind is somewhat affected, for a time, after the fit, and idiocy is an occasional result of this disease.

BIOCHEMIC TREATMENT.

Kali Mur.—Is *the chief remedy* in epilepsy. Epilepsy after the suppression of eczema; tongue coated white or grayish-white. Must be given between the paroxysms, to prevent their recurrence.

Magnesia Phos.—For the spasms and convulsions; stiffness of limbs; drawing the head back; clenched fists and teeth. *Magnesia phos.* in hot water, frequent doses, till the spasms are better. Epilepsy from vicious habits, which must be restrained.

Ferrum Phos.—When it is caused by rush of blood to the head. Alternate with the chief remedy, *Kali mur.*

Calcarea Phos.—Epilepsy resulting from vicious habits, self-pollution, etc.; in anemic subjects. Intercurrently in all cases.

Silicea.—Spasms worse at night or near the time of full moon; give intercurrently.

Natrum Phos.—If arising from intestinal irritation due to worms; to destroy the acid in the system upon which the worms live. Alternate with *Kali mur.*

SUGGESTIONS.

During the paroxysms, place the patient in a horizontal position. Care should be taken to prevent injury during the convulsions. A piece of wood or cork inserted between the teeth will prevent lacerations of the tongue. The clothing should be loosened, especially

about the neck and waist. Sprinkle cold water over the face, especially if respiration is interfered with. Give *Magnesia phos.*, 3x, in *hot* water, if possible; force it in between the teeth. The diet of epileptic patients should be light, simple and easy of digestion. Avoid over-eating, the use of stimulants, and excessive exercise, both physical and mental. Change of air and scenery is recommended as assisting in making a cure.

In a Few Months Entirely Cured.

I was asked to treat a child seven or eight years of age, who had been troubled with epilepsy for two years, but was growing much worse. The attacks were very severe, and came on at irregular periods; at such times he would become frenzied and attempt to injure his younger brother; so much so that it was necessary to tie him up—he would foam at the mouth and his head and face become greatly congested. *Ferrum phos.*, 6x, and occasional doses of *Kali mur.*, 6x, was all that was given, and was sufficient, as in six months he was entirely cured and no return of the trouble.

Calcarea Phos. in Epilepsy From Uterine Diseases.

A lady, aged 32; married; one child 6 years old. Has had spasms since the birth; every few days and very severe during menstruation, twenty-four hours at a time, and from a few minutes to an hour apart. Headache all the time in the temples and back of head, as well as constant heat on top of head; severe pain across the small of back; numb feeling in lower limbs and cold, clammy perspiration over the whole body. Physicians had pronounced her case "epilepsy" caused by uterine trouble. I prescribed *Calcarea phos.* and *Kali phos.*, three doses each per day, and during menses *Magnesia phos.*, every two hours during the first two days of the

menses. In two months she was apparently well in every way, and by the use of the *Calcarea phos.* had no further trouble. (A. P. DAVIS, M. D.)

ERYSIPELAS.

CAUSE.

Erysipelas, or St. Anthony's Fire, is derived from the Greek, meaning "*red skin.*" It is caused by an accumulation of organic matter which Nature is trying to throw off. The fever, heat, pain, redness, etc., is an effort of Nature to supply the deficiency in the cell-salts which, falling below their normal standard, have allowed the accumulation of organic matter to collect. The active causes are: derangement of the digestive organs, exposure to cold, mental emotions, etc. Occasionally it appears during the monthly periods. Certain kinds of food, such as oysters, lobsters, or other shell-fish, cause the disease in some persons.

SYMPTOMS.

The first noticeable symptoms are: heat, shining redness, tingling pains, swelling, and tension of the parts. This is followed by burning, and sometimes tearing or shooting pains, worse from movement. Other symptoms generally present are: shiverings, followed by flushes of heat; sleepiness; wandering pains; dry tongue; nausea and headache; blisters frequently arise on the affected parts. In a few days the color changes to a yellowish hue. The disease, when it attacks the face or head, assumes a serious aspect, and great care should be taken. Sometimes quite severe bilious symptoms are present.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the principal remedy in the inflammatory stage, for the heat, redness, pain, fever, etc. Rose erysipelas, externally and internally.

Natrum Sulph.—The chief remedy for erysipelas, with or without vomiting of bile. When the skin is smooth, red, shiny, painful and swelled.

Kali Mur.—For the vesicular (blisters) form, chief remedy; alternate with *Ferrum phos.*

Kali Sulph.—In the blistering form of erysipelas, to aid in throwing off the vesicles; alternate with *Kali mur.*

SUGGESTIONS.

Ferrum phos. is the ideal remedy for local application in this disease; use 2x or 3x. Other internal remedies than those mentioned above may be needed if the symptoms indicate their use. In some severe cases there are typhoid or gangrenous symptoms present, which should be met with *Kali phos.*, *Natrum mur.*, etc.

Great care must be taken against catching cold, as it will greatly complicate the disorder. The troublesome itching which sometimes attends this disease is often relieved by sprinkling wheaten starch over the inflamed part.

The diet should generally be light and unstimulating, such as is given in general fevers or inflammatory conditions.

Ferrum Phos., Natrum Sulph. in Facial Erysipelas.

One of the worst cases of facial erysipelas I ever met, was cured by *Ferrum phos.* and *Natrum sulph.* The face and head were swollen and nearly covered with the eruption; the patient could not see; there was present great fever and rapidity of pulse, foul coated tongue,

torpidity of the bowels, scant urine, pain in the head, loss of sleep, etc. The remedies were given from one-half to one hour apart. Nothing could have worked nicer, to the great surprise of himself and friends, as they all thought the case hopeless.

Facial Erysipelas Quickly Relieved.

Mrs. Forbes, a widow, was lying very ill with erysipelas; high fever and quite prostrate. The members of her family thought her dying, as she had become delirious. Her face was so swollen that her eyes were literally closed; suffering intense pain. *Natrum sulph.* and *Ferrum phos.* alternately, a dose every hour and oftener, were given. After the second dose of the former she ejected a great quantity of bile. The severe symptoms subsided. On the morning of the fourth day she went to her work as usual, greatly to the astonishment of her friends. (M. D. WALKER, M. D.)

No Faith—Soon Converted.

Ferrum phos., *Kali mur.* and *Natrum sulph.* cured a severe facial erysipelas of a man aged 54. The affection "settled" in the eyes. The cure was made in four or five days and surprised the patient, who had "no faith" in the tissue remedies.

EXUDATIONS.

Exudations, consisting of fibrinous, thick, white or yellowish-white matter, call for *Kali mur.;* creamy-yellow, *Natrum phos.;* offensive, dirty looking, *Kali phos.;* thick, yellow, mattery, sometimes mixed with blood, *Calcarea sulph.;* thin, transparent, watery, *Natrum mur.;* albuminous, like white of egg before it is cooked, *Calcarea phos.;* thick, yellow, offensive matter, *Silicea;* watery, yellowish-green, *Natrum sulph.;* yellowish, watery matter, *Kali sulph.*

EYE, DISEASES OF.

Ferrum Phos.—First stage of eye inflammations, for the redness, pain, etc. Burning in the eyes; pain in the eyeballs through overstraining the eyes; cold water relieves. In granulated eyelids, for the pain and inflammation. Eyes blood-shot.

Kali Mur.—Second stage of inflammations, with white, or grayish-white matter. Sore eyes, with specks of white matter on the lids. Granulated eyelids, with feeling of sand in the eyes. Alternate with *Ferrum phos.*

Kali Sulph.—Third stage of inflammations, with discharge of yellow or greenish matter; yellow crusts on the lids.

Calcarea Sulph.—Inflammations, with discharge of thick, yellow matter.

Silicea.—Inflammations, with thick, yellow, mattery discharges; compare *Calcarea sulph.;* sties on the eyelids (also as a lotion); little boils and tumors around the eyelids. Weakness of the eye-sight after suppressed foot-sweat.

Natrum Phos.—Inflammations, with discharges of golden-yellow, creamy matter; eye lids are stuck together in the morning; creamy coating on root of tongue. Squinting when worms are present.

Natrum Mur.—Eye affections, when there is a discharge of watery mucus or flow of tears; discharges cause soreness of the skin or the eruption of small blisters. Granulated eyelids, intercurrently. Neuralgic pains, with flow of tears. Blisters on the cornea.

Kali Phos.—Weak eye-sight from weakness or exhaustion after disease. Blindness from partial decay of the optic nerve; dilated pupils. Drooping of the lids

or squinting after diphtheria, from weakness of the muscles.

Magnesia Phos.—Drooping of the eyelids, alternate *Kali phos.* Contracted pupils; sensitiveness to light; affected vision, sees sparks, flashes and colors before the eyes. Dullness of sight from weakness of the optic nerve. Neuralgic pains; relieved by warmth; spasmodic squinting and twitching of the eyelids.

Calcarea Phos.—After *Magnesia phos.*, in spasmodic symptoms, if it fails to relieve. Eye affections in anemic or scrofulous subjects; intercurrently.

Natrum Sulph.—Yellow eyeballs due to derangement of the liver.

Result Satisfactory in Every Way.

Little Etta B., aged 2 years. Had inflammation of the eyes. The ball of the eye was almost a scarlet red, and there was considerable pain and great intolerance of light. *Ferrum phos.* quickly relieved the above symptoms, and the case passed into the third stage, with discharge of thick, yellow matter. I now alternated *Calcarea sulph.* with the *Ferrum phos.*, and the result was satisfactory in every way.

Completely Cured in a Few Weeks.

A girl had, on the lower edge of the left cornea, a little blister, from which ran a small bundle of veins. Feeling of sand in the eye. Edges of eyelids are scabby. *Kali mur.*, 12x, internally and externally, every six hours for three days, then twice a day, cured the cornea in ten days, and in three weeks the scurfiness of the eyelids, which she had had for two years, had nearly disappeared. (DR. W. P. WESSELHOEFT.)

Natrum Phos. in Inflammation of the Eye.

In May last a little girl, aged 8, was brought to me who suffered from severe inflammation of the conjunctiva, with great dread of light. She had been treated for some time without relief. The eye affection dated from the time she had the measles, some years previous. The enlargement of the glands of the neck and the creamy secretion of the eyelids led me to try *Natrum phos.*, of which I administered a dose three times daily. A week later the child was brought to me, her eyes bright and perfectly cured. (FROM SCHUESSLER.)

Began to get Better at Once.

Case of ulcer of the cornea with elevated edges and vascular base, resulting from phlyctenular keratitis; in spite of all treatment it had steadily increased; cornea hazy around ulcer. *Kali mur.*, 6x. The ulcer began at once to heal, and in two weeks all inflammatory symptoms had disappeared.

(GEORGE S. NORTON, M. D.)

Ferrum Phos. Cured a Bad Case of Strained Eyes.

A young school girl came to me with a bad case of strained eyes, from excessive attention to her studies. The conjunctiva was inflamed and there was great intolerance of light. It had been gradually growing worse for a week past. *Ferrum phos.* cured the case in a few days, and she did not stop her studies.

FAINTING.

CAUSES.

Fainting may arise from sudden change from cold to heat, breathing impure air, fatigue, long fasting, grief, fright, loss of blood, deranged digestion, mental emo-

tions. Nerve fluid contains a large percentage of *potassium phosphate*, and so also does the gray matter of the brain. All of the above symptoms tend to rapidly exhaust nerve fluid, therefore *Kali phos.* is the remedy to restore the equilibrium.

SUGGESTIONS.

When fainting occurs, loosen the clothing about the neck, chest and waist, and remove the patient into the fresh air; also place the patient in a recumbent position with the head low. Unless the faint be complicated with other serious symptoms, no alarm need be felt, as restoration will, in a short time, be accomplished without interference. If, however, the coma lasts longer than is thought advisable, a little cold water may be sprinkled on the face and neck; should this prove insufficient, a little spirits of camphor, or ammonia may be applied to the nostrils.

FALLING OF THE WOMB.

(Prolapsus.)

CAUSE.

Falling of the womb, or prolapsus, is due principally to a relaxation of the muscles which hold the womb in position. Should it tip forward or backward, it is termed anteversion or retroversion, but the treatment is the same in either case. Among the exciting causes of this disease may be noted: straining, lifting, carrying heavy weights, climbing hills or stairs, dancing, etc. It is often the case, also, that general debility, irregular habits, painful menstruation, improper diet, etc., are closely associated with and give rise to prolapsus.

SYMPTOMS.

The primary symptoms are: dragging, aching pain low down in the back, just above the hips; dragging pains in the groins; sense of weight in the pelvic region, etc. Secondary symptoms frequently seen are: neuralgic pains in the region of the heart; sense of suffocation, or of a ball in the throat; fainting; pains in the limbs; leucorrhœa; painful menstruation; flooding; constipation, etc.

BIOCHEMIC TREATMENT.

Calcarea Fluor.—Is the chief remedy, to tone up the relaxed tissues.

Kali Phos.—For the nervous symptoms, fainting, "lump" in the throat, suffocative feeling, etc.

Calcarea Phos.—Intercurrently in all cases of falling of the womb.

Magnesia Phos.—For the sharp pains in the region of the heart, when associated with painful menstruation, etc.

Natrum Mur.—Prolapsus, with weakness, sinking sensations, watery leucorrhœa, etc. Must sit down to obtain relief.

Ferrum Phos.—Should any inflammatory conditions arise, they will need *Ferrum phos.*, intercurrently.

SUGGESTIONS.

This is a disease which does not, properly, belong in the class of *domestic*; and one, also, which gives rise to so many distressing symptoms, that it is proper and wise to seek competent medical advice. For these reasons I leave the subject in an unfinished state, but assure the reader that this disease, in a majority of cases, is curable with the tissue cell-salts. I wish, also, to warn the suffering

patients against the use of every pernicious nostrum that comes to their notice, as they often do great harm. Some of these remedies are good, but the wide-spread prevalence of this disease has given rise to the basest kind of charlatanry. It is best to thoroughly investigate before adopting any mode of treatment.

Calcarea Phos. Cured in Less Than a Week.

Lady suffering with falling of the womb, amounting at times to protrusion into the world. At the time I visited her, she was bed-fast and her flesh was placid and relaxed, like a piece of rubber elastic that had been overheated. I gave her *Ferrum phos.* and *Calcarea fluor.*, and in less than a week she was able to be around at her work. (G. W. WHEAT, M. D.)

Many Distressing Cases Relieved.

I have had many cases of this disease, and some very distressing ones, which I have treated with the tissue remedies with great success. With these cases there are so many secondary symptoms present that need our attention that it is almost impossible to keep a clear record of any one case. However, *Calcarea fluor* and *Kali phos.* are the principal remedies required.

FELON.

CAUSE.

Felon, or whitlow, is a deep-seated abscess, situated near the end of the finger. It forms between the bone and the periosteum, or covering of the bone. It is usually the result of a bruise; although some authorities believe it to be a constitutional affection; this is true to a certain extent, as certain cell-salts are more easily disturbed in some persons than in others.

SYMPTOMS.

It commences in the form of a hard tumor, which soon becomes hot and painful, attended with considerable swelling. In a few days matter begins to form, with increased swelling and heat; the pain becomes duller but with violent throbbing. After a time the abscess ripens and discharges and the pain ceases. It is frequently the case that the abscess will form into a sloughing ulcer, if surgical interference is not resorted to. If the following treatment is employed early, it will generally abort the inflammation and prevent suppuration.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Should be given as soon as the first pricking pain is noticed; also for the heat, pain, fever, and congestion, in the inflammatory stage.

Silicea.—To control the formation of pus. If pus has begun to form, *Silicea* will ripen the abscess and cause it to discharge quickly.

SUGGESTIONS.

Alternate *Ferrum phos.* and *Silicea* from the beginning. In a great many cases, where suppuration is slow, I would recommend the use of the lance; this must penetrate the covering of the bone, else it will be of little use. When the wound is discharging, bind it up in a warm bread and milk poultice on which some of the *Silicea* has been sprinkled. Should the finger-nail be destroyed by the suppurative process, *Silicea* will promote the formation of a new one.

Kali Mur. Completed the Cure.

A dressmaker, in her busiest season, to her dismay, got a felon on the right thumb. *Ferrum phos.*, 12x, in water, every three hours, promptly relieved and, she

supposed, cured it. She used it vigorously, and within three days it reappeared with greatly increased pain and hard swelling. *Kali mur.*, 12x, finished the cure at once, a single drop of pus appearing beneath the cuticle and escaping when snipped with the scissors.

(J. C. MORGAN, M. D.)

FEVER.

CAUSE.

Fever is caused by a deficiency occurring in the phosphate of iron molecules. When a deficiency in this cell-salt occurs, the circulation is increased, for the blood tries to carry enough oxygen to all the tissues of the body with the limited amount of iron at hand, and in order to do so must move rapidly; exactly as seven men must move faster in order to accomplish as much work as could ten, moving at a slower pace. This increased motion creates heat, which is called *fever*. A disturbance in the phosphate of iron molecules will soon affect other salts, and various symptoms will appear. A deficiency in *potassium chloride* almost invariably follows a deficiency in *iron*. Fever may be isolated, but is generally attendant upon, or gives rise to, some other diseased condition.

SYMPTOMS.

The symptoms most common to fever are: at first a feeling of coldness or shivering, followed by heat, increased pulse, thirst, restlessness and languor. There are generally present other functional disturbances, or certain organs of the body may be affected, giving rise to distinct types of fever, such as: gastric, typhoid, inflammatory, etc., which will be noticed under their several heads.

BIOCHEMIC TREATMENT.

Ferrum Phos.—This is the principal remedy in *all fevers;* for increased pulse, rise of temperature, heat, chilliness. In *all stages of any disease*, if the above symptoms are present.

Kali Mur.—Follows *Ferrum phos.;* in the second stage of fevers, when the fibrine is disturbed, owing to a deficiency of this salt; indicated by a thick, white coating on the tongue, constipation, etc.

Kali Sulph.—In alternation with *Ferrum phos.*, in the first stage of fevers, to promote perspiration. All fevers when the temperature rises in the evening.

Kali Phos.—In purely nervous fevers, with nervous excitement, irregular pulse, weakness, etc.; alternate with *Ferrum phos.*

Natrum Mur.—In fevers, when there are watery discharges from the eyes and nose, or excessive dryness of the mucous membranes; alternate with *Ferrum phos.*

Calcarea Phos.—*After all fevers*, to promote the *formation* of new tissue and aid convalescence. Intercurrently in all fevers, to *prevent* the destruction of tissue.

SUGGESTIONS.

Ferrum phos. should be given in frequent, but small, doses at the commencement of fever. It is a good plan to get up a "sweat" as quickly as possible; to aid this alternate *Ferrum phos.* and *Kali sulph.*, in hot water, also put the feet into a tub of hot water with a little mustard. Water will do if the mustard is not handy. After sweating great care must be taken to avoid taking cold. The patient should lie down in a cool room of even temperature, and rest quietly. There should be plenty of fresh air in the apartment. Water is the best

drink to quench the thirst; avoid all stimulating food or drink. There is usually very little appetite—as if Nature needed a rest. Where there are excessive inflammatory symptoms, no *solid* food should enter the stomach.

The diet may consist of toast-water, weak barley or rice-water, beef-tea, arrow root, etc.; meats of every kind *must* be prohibited. Great care must be taken during convalescence, that a relapse does not occur.

A Rapid Recovery From Fever.

Mr. ——, a young student, called on me for medicine, stating that he had a chill the day before. At the time he called he had quite a high fever, and complained of being sore all over. For the fever and soreness I gave *Ferrum phos.*, and *Kali sulph.* for the chill, and requested him to report the next day. When he called he was much better. I continued the same medicine, and he made a rapid recovery.

(N. J. CARRIKER, M. D.)

Ferrum Phos. Broke the Fever.

Mr. H. came to me with a very high fever, but upon examination could find no apparent cause. Tongue showed a slight coating of white. *Ferrum phos.* and *Kali mur.* were prescribed. He was all right the next day, although somewhat weak.

FLATULENCY.

(See Indigestion.)

FLOODING.

(See Hemorrhage.)

GALL-STONE.

This is a calcareous deposit found in the gall-bladder or in its ducts. The cause is a deficiency of the in-

organic cell-salt *Natrum sulph.*, which in turn causes molecular disturbances in other constituent elements; notably that of *calcium phosphate*. In some cases the *calcium phosphate*, in conjunction with albumen, becomes non-functional, and by the action of vitiated bile forms the stone.

BIOCHEMIC TREATMENT.

Magnesia Phos.—For the intense pains and spasms incident to passing the stone.

Calcarea Phos.—To prevent the formation of the stone, by equalizing the lime molecules in the system.

Natrum Sulph.—When bilious symptoms are present, which is generally the case. Also when there is a tendency to gout.

Ferrum Phos.—For the inflammatory conditions which are nearly always present.

GLANDS, DISEASES OF.

The glands in any part of the body are liable to become diseased, either as a primary affection or in connection with some other disease, such as scrofula, smallpox, scarlatina, etc. Wherever met with the treatment will be the same. Swelling of glands is usually a disturbance of the molecules of *potassium chloride*, which allows the fibrine to become a disturbing element, and Nature tries to throw it off. It accumulates in the glands and causes inflammation and swelling.

BIOCHEMIC TREATMENT.

Kali Mur.—Is the principal remedy in glandular swellings, when the gland is not of stony hardness. Swelling of the glands of the neck and throat. Scrofulous enlargement of glands.

Ferrum Phos.—For the fever and pain in acute swelling of the glands.

Calcarea Fluor.—Swelling of glands, when of stony hardness. Chronic, very hard inflammatory conditions of the glands. Hardened glands in the female breast.

Natrum Mur.—Swelling of the glands, with watery symptoms, excessive secretion of saliva, etc.

Calcarea Phos.—Chronic enlargement of the glands, principal remedy. Scrofulous enlargement of the glands. Intercurrently in all diseases of the glands.

Silicea.—Scrofulous glands, alternate with *Calcarea phos.* Swollen glands which are inclined to suppurate, to quicken the formation of pus.

Calcarea Sulph.—When the glands are discharging pus, to control suppuration. (*See Abscess.*)

SUGGESTIONS.

In all swellings, where practicable, the remedy should be used externally as well as internally; apply with vaseline, well rubbed in, or a solution on lint. When rubbing a gland, especially those of the breast, great care must be taken not to bruise the tissues. (See "Goitre," "Mumps," "Scrofula," etc.)

Entirely Well in Two Weeks.

Mrs. —— called with her boy, who had a lump on his lower jaw, between the ramus and the chin. On examination I considered it a case for *Kali mur.* and *Ferrum phos.*, which I prescribed, with instructions to return in two weeks. At this time the lump was just the same, or, if any difference, a little harder. I gave *Calcarea fluor.*, 3x, a powder four times daily, and an occasional powder of *Calcarea phos.* In two weeks the boy was entirely well. (N. J. CARRIKER, M. D.)

Calcarea Phos. and Silicea in Enlarged Glands.

A little girl, aged 3 years, was brought to me for treatment. The glands of the neck were swollen, several of them to the size of a hen's egg. The glands under the arms and in the groin were greatly enlarged, and had been for more than a year. The child was pale—chlorotic look—also anemic, and had cut teeth slowly. Great constipation. Previous history—Mother, when pregnant, was troubled with incipient consumption. I prescribed *Calcarea phos.* and *Silicea*, with occasional doses of *Calcarea fluor.*, for the extreme hardness of the lumps. In a fortnight there was marked improvement, and the treatment was continued for several months, with the final result of a perfect cure. I saw her the other day, after two years had elapsed, and she is a beautiful, healthy child.

Calcarea Fluor. in Hardness of the Mammary Gland.

I was called to see Mrs. S., who had been confined six weeks previous. Her breast was in a very bad condition. I opened it, freely discharging about a pint of pus. With the proper treatment she improved rapidly, so much so that I considered my services no longer needed. In about two weeks I was called again and found the breast with that stony hardness so common in these cases. As it was still discharging, I gave *Calcarea fluor.*, 3x, for the hardness, with an occasional powder of *Calcarea phos.* In a few days she called and said her breast was all right. I could hardly believe it, but an examination verified her statement. She said she felt the medicine acting after the first dose of *Calcarea fluor.* (N. J. CARRIKER, M. D.)

The Gland Hard and Sensitive.

Mrs. D., aged 30. Developed a hard lump near the nipple, in the left breast; had gathered breast five years before, but the breast had not broken. About a year after the lump appeared, and gradually grew till it was somewhat larger than a walnut, quite hard and very sensitive to pressure. Had been treated for a year without success. I prescribed *Calcarea fluor.*, 6x, a powder every third night. In ten days the lump began to soften, and in less than three months had entirely disappeared, not a trace remaining. (DR. WHIPPY.)

GOITRE.

(See Glands, Diseases of.)

CAUSE.

This disease is an enlargement of the thyroid gland, which is situated on the front of the throat, and frequently grows to a very large size. It is noted that women are more subject to goitre than are men, especially those who have endured severe labors. At times it is caused by a deficiency or an excess of *lime* in the drinking water, producing a disturbance in the molecular action of the *phosphate of lime.* Other causes might be mentioned, as a strain of the glandular ligaments, constitutional predisposition, excess of acid in the system, etc.

BIOCHEMIC TREATMENT.

Calcarea Phos.—Is the chief remedy in those cases arising from a disturbance of the lime molecules; also in alternation with *Natrum phos.*, when acid symptoms are present. Goitre in anemic patients.

Calcarea Fluor.—If the gland is of stony hardness.

Natrum Mur. — Goitre, when accompanied with watery symptoms.

Natrum Phos.— When there are acid symptoms present. Dr. Walker says that an acid is the only solvent of lime, and if *Calcarea phos.* or *Calcarea fluor.* are needed, then an excess of some acid may be suspected of solving out this cell-salt. Give in alternation with *Calcarea phos.* or *Calcarea fluor.*

SUGGESTIONS.

For goitre the remedy must be given steadily for some length of time. *Natrum phos.* should be continued once or twice daily for several months after a cure is made.

GOUT.

See "Rheumatism" for causes, which are similar; except, possibly, high living.

SYMPTOMS.

Pains in the joints, with more or less chronic swelling, accompanied with derangement of digestion. It generally attacks the feet, although the hands and other parts are not exempt. When the attack comes on, which is usually in the evening or during the night, there is a feeling of dislocation in the joints of the feet and intense burning pain in the part; these symptoms subside after a time, leaving the part red and swollen; the above symptoms recur at irregular intervals, and usually decrease in severity.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the fever and other inflammatory symptoms.

Natrum Sulph.—The chief remedy in this affection, especially if due to high living, or there are bilious symptoms present. In acute attacks alternate with *Ferrum phos.*

Natrum Phos.—If acid conditions are suspected; cream-coated tongue, sour-smelling sweat, etc. Chronic gout.

SUGGESTIONS.

The diet should be light, *easily digested* and *unstimulating*. Between the attacks gentle, but regular exercise should be taken daily and the digestion cared for. Meats and all rich foods should, as a rule, be avoided, and vegetables may be the principal articles of diet.

GRAVEL.

For treatment, see "Gall-Stone," also *Natrum phos.*

GUMBOIL.

A gumboil consists of an inflammatory swelling on the gums, attended with pain, heat and tenderness. It arises from a cold or a diseased condition of the tooth. Pus usually forms; the tumor ripens and discharges.

BIOCHEMIC TREATMENT.

Kali Mur.—When first noticed, to reduce the swelling and check pus formation.

Silicea.—When pus has begun to form, to ripen the tumor and cause the pus to discharge. (*See Abscess.*)

Ferrum Phos.—For the inflammatory conditions, pain, etc.

Calcarea Sulph.—Will, if given in time, frequently abort a gumboil and prevent suppuration.

Calcarea Sulph. for Gumboil.

Lillie ——, 6 years of age. Had an ulcerated tooth, with a well-developed gumboil, which would not go away. Wishing to see what the tissue salts would do for it, I gave her *Calcarea sulph.*, 3x., three tablets every four hours for three days. That was the last of the gumboil and ulcerated tooth. Neither have troubled her since. (DR. M. F. RICHARDS.)

HEADACHE.

CAUSES.

Headache is generally but a symptom of disease, and may arise from derangement of the stomach, cold in the head, mental troubles, constipation, rush of blood to the head, nervousness, overexertion, etc. In all cases it indicates a deficiency of some cell-salt. Should it be dependent upon some other bodily ailment, it will, of course, be necessary to remove the primary disease before a complete cure of the headache can be effected.

The various kinds of headache will be noted under the different remedies.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Headaches of an inflammatory nature, with bruising, pressing, stitching pains; congestive headaches, red face or blood-shot eyes; throbbing, beating headache, in the temples or over the eye; blind, sick headache, with vomiting of undigested food. Scalp sore or tender to the touch; headaches from overheat or excessive cold. Alternate with the remedy indicated by the color of the tongue. All pains worse from motion.

Kali Phos.—Is indicated in all headaches of a purely nervous character, resulting from overstrain of the mental faculties, worry, sleeplessness, etc. Headaches of nervous, sensitive, pale, irritable or excitable patients. Student's headaches; headaches, with inability for thought, sleeplessness, better under cheerful excitement, or with gentle motion; with empty feeling at pit of stomach; pains at the back of the head, with weariness or exhaustion. Tongue is frequently coated like stale, mustard; bad breath.

Kali Mur.—With sluggish action of the liver; white-coated tongue or vomiting and hawking of milk-white mucus.

Natrum Mur.—Dull, heavy headaches, with profusion of tears, watery discharge from the nose, or excessive flow of saliva; frequently associated with constipation of the bowels.

Headaches, with sleepiness, unrefreshing sleep or vomiting of watery, transparent fluids. Headaches of young girls or with irregular menstruation, with watery symptoms. Pains are generally worse in the morning and disappear at sunset.

Magnesia Phos.—Neuralgic headaches; pains are excruciating, stinging, shooting, darting, intermittent or in paroxysms. Heat relieves, cold aggravates; headaches with "sparks" before the eyes. Headaches, with crampy pains, worse from cold draughts of air.

Natrum Sulph.—Bilious headaches; vomiting of bile, bitter taste, greenish-gray coated tongue, colicky pains or bilious diarrhœa. Sick headaches, with giddiness, vertigo and dullness. Violent pains at the base of the brain or on top of the head.

Natrum Phos.—Headache, with acid conditions; on the crown of the head; on awaking in the morning; with acid, sour risings; vomiting of sour or acid fluids. The tongue generally has a creamy, moist, yellow coating on the back part or in the roof of the mouth.

Calcarea Phos.—Headaches, with cold feelings in the head, or with creeping coldness and numbness on the head. Pains are worse from heat or cold. After *Magnesia phos.*, if that salt fails to give relief.

Kali Sulph.—Headaches which grow worse in the evening or in a heated room, better in the cool open air.

Silicea.—Headaches, with small lumps, the size of a pea on the scalp.

SUGGESTIONS.

It may, at times, be necessary to give two or more remedies; it is easy to see why this is so, for it is well known that a disturbance of one salt will frequently disturb another; for example: in headache from rush of blood to the head, vomiting of acid fluids may occur. This, of course, calls for *Ferrum phos.* and *Natrum phos.* It is necessary to study them very closely in order to make no mistakes. Sometimes headaches that are aggravated by cold are not necessarily neuralgic, but congestive; the nerve affected being deeply seated, the cold drives the blood there and increases the congestion. Bathing the feet in cold water is beneficial, to reduce congestion; they should be rubbed briskly after the bath. Regularity of habits, out-door exercise and attention to the diet will aid a cure.

A Violent Headache Almost Instantly Relieved.

A lady consulted me for a violent neuralgic headache, principally over the eyes and at the back of the head.

This had continued for several days. The pain was almost unbearable, and she was unable to lie down, as it greatly aggravated the case. The headache was accompanied by short, acute, belching of gas, which was so constant as to cause severe griping pains in the stomach; the tongue had a slimy yellow coating. I prescribed *Magnesia phos.;* the result was astonishing; the belching ceased instantly and the headache was greatly ameliorated before she left the office. The next day I learned that the pain and other acute symptoms had disappeared; and as I have not heard from her since, I conclude there has been no return of the trouble

Headache Accompanied by Suppressed Menses.

Case of young lady with excruciating nervous headache, with great sensitiveness to noise, during the second day of menstruation. *Kali phos.*, 12x, produced, immediately after taking it, a great increase of the menstrual flow with sudden relief of the headache.

(W. P. WESSELHOEFT, M. D.)

Natrum Sulph. in Periodic Headaches.

M. K., aged 16. Has suffered for years from periodically returning headaches. The pain is concentrated in the right temple, and of a boring nature, as if a screw were being driven in—as the patient expresses herself. Preceding this pain there are burning sensations at the pit of the stomach, bitter taste in the mouth, and lassitude. These symptoms are only felt at night, or in the morning. When the attack comes on, the patient is quite unable to attend to ordinary duties. Generally vomiting of bile follows, and then improvement sets in. *Natrum sulph.* daily, the size of a bean, dissolved in water, and taken repeatedly, cured the young lady entirely.

(FROM SCHUESSLER.)

Ferrum Phos. Gave Speedy Relief.

Severe headache, general soreness of the vertex, soreness of scalp, cannot bear to have hair touched, great nervousness at night. *Ferrum phos.*, 6x, gave speedy relief.

HEART, AFFECTIONS OF.

CAUSES.

The organic matter in the blood before being thrown out, in the form of decomposition or as an abscess, may form clots and thus disturb the vascular action of the heart. This is the pathology of embolus (blood-clot in the blood-vessels), and in some instances palpitation. In such cases the term heart disease is a misnomer. It might as well be said that a machine had the wheel disease because a stick of wood had interfered with the action of the fly-wheel. Pericarditis is caused by a lack of the proper balance of the mineral salts in the blood, but particularly in the tissue of the pericardium.

A lack of iron molecules in the tissues of any membrane causes an inflammatory condition or excess of heat, in the following manner: Iron molecules are carriers of oxygen, and when the number is reduced, from any cause, the circulation is increased by Nature's effort to carry sufficient oxygen through the organism with the limited amount of iron at hand; the increased motion produces heat. The extra amount of blood flowing through the minute vessels of the membrane covering the heart (pericardium) also causes more or less engorgement and thickening of the tissue.

The action of the heart is frequently interfered with by inflammation or thickening of the cardiac portion of the walls or of the muscular coating of the stomach.

BIOCHEMIC TREATMENT.

Kali Phos.—Irregular action of the heart, pulse intermits, weakness of the heart, palpitation, sinking spells, pulse becomes imperceptible, general depression of the nervous system. Is a valuable heart stimulant in wasting fevers, when, after the fever is broken, sinking spells occur; give in small but *very* frequent doses.

Ferrum Phos.—Dilation of the heart or the blood-vessels, alternate with *Calcarea fluor.* All inflammatory conditions of the heart, in the congestive stage; dull, heavy pains in region of the heart. Alternate with *Kali phos.* for palpitation. Quick, hard, full pulse.

Calcarea Fluor.—Weak action of heart, from over-engorgement of that organ. Dilation of heart or blood-vessels, from a relaxed condition of the muscular fibers, alternate with *Ferrum phos.*

Kali Mur.—Second stage of inflammatory conditions of the heart; palpitation and weakness of heart, with other general symptoms favoring this remedy. Slow, sluggish pulse.

Natrum Mur.—Palpitation in anemic patients, accompanied with watery conditions, dropsical swelling, sadness, anxiety, etc.

Magnesia Phos.—Sharp, shooting, darting pains in the region of the heart or in the heart itself. Palpitation, when purely spasmodic.

Kali Sulph.—Pulse quick, with slow, throbbing, boring pain, pallid face, etc.

Calcarea Phos.—Intercurrently in weak heart action.

SUGGESTIONS.

Heart affections do not always indicate an organic disease, but is sympathetic of some bodily ailment. For

example: palpitation is often caused by indigestion, flatulency, etc. The heart-beat will also indicate the presence of fever, disease of the lungs, etc. When an affection of the heart is diagnosed, great care should be taken to avoid those things which will unnecessarily excite that organ. Excessive eating, irregular habits, overexertion, climbing hills or stairs, should be avoided.

Heart Failure Relieved by Kali Phos.

Miss A., during an attack of typhoid fever, had frequent spells of heart failure. She would lose consciousness; face become as blanched as death; pulse-beats imperceptible. Frequent doses of *Kali phos.* would soon restore her, and she ultimately made a good recovery.

Kali Phos. Increased the Heart's Action.

Mr. H. came to me for advice on some chronic troubles. Connected with them was sluggish action of the heart. The heart-beats were but forty-eight per minute; face pallid; skin clammy. *Kali phos.*, 3x, in two days increased the heart action to sixty-four beats per minute.

HEMORRHAGE.

(Bleeding.)

CAUSES.

Hemorrhages are caused by a deficiency of certain cell-salts in the circular walls of the blood-vessels, which relax and become engorged with blood to such an extent that they burst and their contents are discharged. At times there may, also, be a breaking down or brittleness of the walls of the vessel.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the principal remedy when the blood is bright red and coagulates quickly. Bleeding

from any cause or from any part of the body, with the above symptoms. Bleeding from the lungs. Vomiting of bright red blood. Tendency to bleed, especially from the nose, in anemic, subjects; also *Kali phos.* and *Calcarea phos.*

Kali Phos.—Bleeding in weak, delicate constitutions, from debility; dark, blackish-red, thin blood, not coagulating. In anemia, see *Ferrum phos.* Bleeding of putrid, nasty-looking blood.

Calcarea Fluor. — Hemorrhage from the womb; flooding, to cause the muscles to contract. Alternate with *Kali phos.* Bleeding from piles, when the tumors are relaxed.

Kali Mur.—Bleeding, when the blood is dark, black, clotted or tough.

Natrum Mur.—With thin, pale red and watery blood, not coagulating.

Calcarea Phos.–Intercurrently, especially in anemic conditions.

SUGGESTIONS.

The remedy should be given internally and locally, where practicable. In bad cases apply dry powder thickly on bleeding vessels and bind it on. In hemorrhages of the lungs, if the flow is profuse, the patient may eat of common table salt until the bleeding ceases. He should sit upright, if his strength will allow, or propped up with pillows, if weakness is severe. Perfect quiet must be observed, and speaking or coughing should be avoided. Give *Ferrum phos.* in a low potency. (See "Bleeding of the Nose.")

Having Hemorrhages Every Day—Cured.

A young man was in what the "regulars" called the last stages of consumption. He was having hemor-

rhages from the lungs every day, and could be tracked wherever he went by the great mouthfuls of blood he expectorated on the sidewalk. Five physicians said he could not live over three months at most. I advised *Ferrum phos.*, 3x, which he took, five grains four times per day. Result—no more hemorrhages, and a gain immediately in weight and hope. This was eight months ago, and he still lives, a lively specimen of the virtues of tissue remedies. (ONE OF THE LAITY.)

The Tissue Remedies in Bleeding of the Kidneys.

Dr. M. Docetti Walker relates an interesting case of bleeding kidney of six months' standing, and which had routed several doctors. With the use of the tissue remedies the case was entirely cured in three weeks.

Ferrum Phos. in Hemorrhage from Sunstroke.

Willie N., aged 16. Troubled for years with frequent hemorrhage from the nose, caused by a sunstroke; blood bright red; very anemic countenance. After taking *Ferrum phos.* for two months, the bleeding entirely ceased, with but one return during the last year, and then it was during an attack of inflammatory rheumatism.

Stopped the Hemorrhage from the Lungs.

Mr. K. Bleeding of the lungs; otherwise in good health. I was called in half hour after it commenced; the blood was bright red. *Ferrum phos.* and *Calcarea fluor.* stopped the hemorrhage and satisfied all concerned.

HEMORRHOIDS.

(See Piles.)

HICCOUGH.

(See Spasms, Convulsions, Etc.)

Hiccough in Typhoid Fever Relieved.

Obstinate case of hiccough in a patient suffering from typhoid fever; almost continual; so violent that the patient was sore for three days. Remedies were tried without effect. Prescribed *Magnesia phos.* The result was remarkable; within an hour the difficulty was modified, and a cure was effected.

(JOHN FEARN, M. D.)

Hiccough from Abuse of Quinine.

Dr. Burnett, in his work on "*Natrum Muriaticum*," relates a case of hiccough of ten years' standing, brought about by the abuse of quinine, and renewed after every dose, cured permanently by *Natrum mur.*

HIP DISEASE.

CAUSES.

This is a disease of the hip-joint, due to inflammation of the cartilages, tissues and bone. The general exciting causes are: external violence, or exposure to damp or cold, lying down upon damp grass, etc. It is generally confined to children, and it is supposed that those having a constitutional or scrofulous taint are more liable to its attacks.

SYMPTOMS.

It is very insidious in its approach, and commences with pain in the knee or with a slight weakness in the hip-joint. Afterward the limb becomes lengthened and emaciated. As the disease progresses the pain is felt in the joint, is severe and extends down the limb to the knee, ankle and foot. There are, also, feverish symptoms, restlessness, etc.

Matter forms within the joint; the bones are destroyed by ulceration, and the limb, which at first was elongated, now becomes permanently shortened.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the remedy for the first or inflammatory stage, for the fever, pain, throbbing and inflammation.

Kali Mur.—Second stage, or in alternation with *Ferrum phos.*, when there is swelling, but before pus has begun to form.

Silicea.—To prevent or control suppuration, and limit the destruction of bone.

Calcarea Sulph.—If matter is discharging and the wound refuses to heal, *Calcarea sulph.* should be alternated with *Ferrum phos.*

SUGGESTIONS.

In the first stage *Ferrum phos.* should, also, be used as a local application. Thoroughly steaming the limb daily, and fastening on a weight to preserve the proper length, is also of great benefit.

It is needless to say that absolute rest must be observed. The diet, during the inflammatory stage, should be similar to that under "Fever."

HOARSENESS.

CAUSES.

Hoarseness arises from a slight inflammatory condition of the upper part of the windpipe, or from a catarrhal affection. It is characterized by roughness or huskiness of the voice, with frequent "scraping" of the throat.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Painful hoarseness of speakers and singers, with inflammation; from overexertion of the voice, or from taking cold; scraping of the throat, with sensation of dryness.

Kali Mur.—Hoarseness, and huskiness from cold. Second stage, loss of voice.

Kali Sulph. — When *Kali mur.* fails to relieve, though seemingly indicated.

Kali Phos.—If there is exhaustion or nervous depression; tired, weary feeling in the throat; paralytic affections—after *Ferrum phos.*

Calcarea Phos.—Intercurrently, or when the phlegm "scraped" out of the throat is albuminous; alternate with *Ferrum phos.*, to prevent taking cold.

SUGGESTIONS.

Avoid irritating or stimulating food or drink; night air; sudden changes of temperature; overexertion of the voice; exposure to a damp or cold, dry atmosphere; wet feet, etc.

Could Not Speak Above a Whisper.

Mrs. K. could not speak above a whisper, having contracted a severe cold, which located in the throat. *Ferrum phos.* and *Kali mur.*, in alternation every hour, cured the trouble in one day.

Hoarseness Following Speaking or Preaching.

Mr. P., a minister, was troubled with hoarseness after preaching; there was constant hemming and scraping of the throat. *Calcarea phos.* and *Ferrum phos.*, occasional small doses, continued for several months, entirely cured the affection.

HYSTERIA.

CAUSES.

Hysteria is caused from an extreme senstiveness of the nervous system. It is chiefly confined to females, and those who lead an inactive or sedentary life are more prone to its attacks. Distress of mind, irregularity or suppression of the menstrual flow, displacements of the womb, prostration, etc., allow the molecules of *potassium phosphate* to fall below the normal standard, and hysteria results. Hysteria, if allowed to control the patient, frequently becomes a habit, and it is necessary, at times, to exhibit considerable firmness in its treatment.

SYMPTOMS.

The paroxysms are generally preceded by depression of spirits, anxiety, tears, difficulty of breathing, nausea and palpitation. Other symptoms are: sensation as of a ball in the throat, sense of suffocation, stupor, insensibility, spasmodic clinching of the jaws, alternate fits of laughing, crying and screaming, etc. These are a few of the leading symptoms, although in detail they are innumerable and depend somewhat upon the nature of the disease which gives rise to them.

BIOCHEMIC TREATMENT.

Kali Phos.—Is the principal remedy in this disease. Nervous attacks, from intense emotion, despondency, passion, or any other cause. Feeling of ball in throat; hysterical laughter, crying or screaming.

Natrum Mur.—Alternate with *Ferrum phos.*, if hysteria is associated with sadness, moody spells or irregular menstruation.

Calcarea Phos.—Intercurrently in all cases of hysteria.

SUGGESTIONS.

Kali phos. is the chief remedy, and should be continued steadily for some time, even after the symptoms have disappeared. It will be necessary to discover, if possible, the cause of the hysteria, and other remedies will be needed to make a radical cure. Those subject to this affection should be careful to wear loose clothing and avoid everything which is likely to interfere with proper circulation. During the attack, place the patient in a recumbent position, allow plenty of fresh, cold air, and sprinkle the face with cold water or apply ammonia to the nostrils. Between the attacks, take plenty of outdoor exercise, live regularly, keep early hours, avoid stimulants, and eat good, nourishing food.

Hysteria from Suppressed Menstruation.

Miss R., age 16. Suffered with hysterical convulsions from suppressed menstruation of three years' standing. She had lost flesh, was pale and weak, much given to tears when any one was around. I found that she had the convulsions whenever her plans were thwarted in any way, and upon my threatening to put her in cold water if she had another, she stopped them. I concluded I had a case of true hysteria. She also had some stomach trouble. *Ferrum phos.*, 12x, relieved the stomach trouble in one week, and *Kali phos.*, 12x, relieved all of the other symptoms in two weeks more. (GEO. H. MARTIN, M. D.)

Suffered for Many Years with Hysteria.

Miss B., age 50; tall, dark and slender. Had been suffering for many years from an excessively nervous condition, and would become hysterical upon the slightest provocation. I was called to prescribe for an acute attack of spasmodic retention of urine, to which

she was subject. Examination of uterus and bladder showed everything to be normal, so concluded she was suffering from hysteria. Gave *Magnesia phos.*, 12x, which very shortly relieved bladder symptoms; and *Kali phos.*, 12x, cured the case in about ten days. She has had no more return of the trouble since, and the other symptoms of hysteria were also much modified.

INCONTINENCE OF URINE.

(Wetting the Bed.)

(See Urinary Disorders.)

INDIGESTION.

(Dyspepsia.)

To enter into a full discussion of this subject would be too lengthy for a brief work of this kind; I shall therefore content myself with mentioning a few of the leading causes and characteristics of gastric derangements, and devote the largest available space to their treatment.

Some of the principal causes are: irregularities in diet—such as overeating; eating too rich or indigestible food; highly-seasoned and stimulating soups; excessive use of wine, liquors, tea, coffee and other stimulants; too long fasting or irregularity of meals; imperfect chewing of food; keeping late hours; sedentary habits; exhaustion from study; mental emotions; irregularity of the bowels, etc., etc.

All these causes or irregularities create a disturbance in the molecules of the different cell-salts, which gives rise to many symptoms.

SYMPTOMS.

Some of the principal symptoms are: pain and tenderness at the pit of the stomach; regurgitation of food

and sour fluids; acid risings; burning pain after eating; food lies like a weight on the stomach; vomiting of undigested food; flatulence bringing back the taste of the food; beating and throbbing in the stomach, with flushed face, nausea, loss of appetite, water-brash; "gone feeling" in the stomach; voracious appetite; sensation of fullness at pit of stomach, etc., etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Swelling and tenderness of stomach; vomiting undigested food; pain, relieved by cold drinks, or by hot applications over the stomach; flatulence bringing back taste of food; flushed face. Dyspepsia, with beating, throbbing pain, clean tongue, or with vomiting of undigested food; loss of appetite, with feverish conditions; burning in the stomach, etc.

Kali Mur.—All gastric or bilious derangements, when the tongue has a white or grayish-white coating. Indigestion, with pain in liver or under right shoulder-blade; protruding eyeballs; sick feeling after eating fat or rich food; flatulence, with sluggish action of the liver.

Natrum Phos.—All gastric derangements, when there are acid symptoms, acid risings, sour taste in the mouth, belching of wind. tasting acid, "heart-burn." Stomachache, from acidity or worms; ulceration of the stomach; pain in stomach after eating, with acid risings. Tongue symptom: thin, moist, creamy-yellow coating on the back part of the tongue, tonsils and palate.

Calcarea Phos.—Intercurrently in all cases of indigestion or for non-assimilation of food. Pain after eating the smallest quantity of food or drinking cold water—without acidity. Belching of gas. After gastric fever, to rebuild wasted tissue.

Natrum Mur.—Indigestion, with water-brash; pain in stomach, with gathering of water in the mouth or vomiting of clear, frothy water, not acid; frequently accompanied with constipation. Tongue has a clear, frothy, watery coating.

Kali Sulph.—Indigestion when the tongue has a slimy, yellow coating, with pressure or fullness in the stomach; chronic catarrh of the stomach; pain in stomach, with water in mouth, if *Natrum mur.* fails to give relief; colicky pains, after *Magnesia phos.*

Kali Phos.—Indigestion from nervous disturbances; "gone feeling" in the stomach, hungry just after eating; voracious appetite during or after wasting diseases, with flatulence; gas gathers about the heart, causing pain and weakness of heart.

Magnesia Phos.—Indigestion, with clean tongue, nipping, sharp or griping pains in the stomach; gnawing pains; pains, with crampy, tight, drawing, lacing sensation; belching gives no relief; neuralgia of the stomach, relieved by hot drinks.

Natrum Sulph.—Indigestion, with bilious symptoms, bitter taste in the mouth, vomiting of bile or bitter fluids; dark, bilious stools; headache, vertigo and tired feelings; stitching pains in the liver, etc. Tongue is generally coated greenish-brown or greenish-gray.

SUGGESTIONS.

There is no class of diseases which requires as much care in the selection of diet, as those affecting the gastric organs. On the other hand, it is simply folly to lay down any set rules to govern all cases—it is an individual matter; what agrees with one patient, will be poison to another. Each individual should select those articles of

food which agree with him, and rigidly discard those which disagree.

As a rule, all condiments or indigestible food should be avoided. Food should be taken at regular intervals. There is a difference of opinion as to whether food should or should not be taken in large quantities, some claiming that one large meal should be eaten each day, in order to stretch the walls of the stomach. This, however, as in the quality of food, is a matter of individual experiment. Copious drinks, daily, of hot water is beneficial to wash the mucous membranes.

Natrum Phos. Cured Him of Chronic Dyspepsia.

A young man, with chronic dyspepsia, after trying several remedies without effect. I discovered in the mouth a thin, yellow, creamy coating on the soft palate. This induced me to give *Natrum phos.*, which cured him in a short space of time. (C. HERING, M. D.)

In Three Weeks a Well Man.

An old man (60) came to see me; he had "dyspepsia," the doctors said. Emaciated, pale, swarthy; no appetite; restless; bowels inactive; stools sometimes light colored, and at times costive; tongue thickly coated with a brownish-yellow tinge, bitter taste; conjunctiva bluish-white; skin wrinkled and bowels retracted and sunken; pain in the stomach after eating; and from the general character of the case, assimilation was greatly at fault. He had been under treatment for more than a year without benefit. I put him on *Natrum sulph.*, 6x, three doses a day before meals, and *Kali phos.*, 6x, as a nerve remedy. In three weeks he was a well man.

(A. P. DAVIS, M. D.)

Ferrum Phos. in Sudden Attacks of Deathly Sickness.

Sudden attacks of deathly sickness at the stomach, coming on at no particular time, even in sleep, and lasting one-half or one hour; appetite poor. *Ferrum phos.* cured, and appetite became ravenous. (RAUE.)

INFLAMMATION OF THE BRAIN.

(Brain Fever.)

CAUSES.

See "Inflammations in General." Anything which will cause a determination of blood to the head; injuries; concussions from falls; extremes of cold or heat; the abuse of alcoholic spirits; mental emotions; excesses of all kinds; suppressed eruptions or the sudden changing of engorgement of blood from one organ to another.

SYMPTOMS.

The symptoms vary considerable in different subjects, but the principal ones are here given:

Drowsiness or constant delirium, with determination of blood to the head; fullness and redness of the face; beating of the arteries of the neck and temples. The pupil of the eye is at first contracted, but afterward becomes dilated; heat in the head; sometimes pain; the pulse may be regular, intermittent, quick and weak, or slow and strong; stupor and delirium; grasping the head with the hands; intolerance of light; nausea, frequently followed with vomiting; tendency to costiveness, etc. At times there is a high state of excitement; the patient is easily frightened and frequently screams at trifles; bores the head into the pillow; pupils immovable and generally dilated.

BIOCHEMIC TREATMENT.

Ferrum Phos.—The principal remedy in the beginning of the disease and for all the inflammatory symptoms; heat; fever; rapid or full pulse; red face; thirst; beating of arteries of neck and temples; delirium; pain, etc.

Kali Mur.—For the second stage of the inflammation; in alternation with *Ferrum phos.* from the first, to absorb any exudation which may have taken place, and cause pressure on the brain. The tongue has a white or grayish-white coating.

Kali Phos.—For nervous conditions, dilated pupils, excitableness, fright, sleeplessness, starting during sleep, etc.

Natrum Mur.—Low stupor; muttering; watery conditions, or excessive dryness of the mouth; moaning, etc.

Calcarea Phos.—Intercurrently during the disease and while convalescing, to rebuild tissue and regulate digestion.

SUGGESTIONS.

This is a serious disease, but need not be feared if taken in time and *Ferrum phos.* and *Kali mur.* given steadily.

The patient must be kept as quiet as possible, and the room darkened. If the hair is long and thick, it had better be removed—even clipped short, is preferable. Should the fever run high and considerable delirium be present, cloths rung out of ice-water should be applied to the head and changed frequently. A rubber bag partially filled with water, under the head, is also cooling and pleasing to the patient. The bowels should be moved by enemas of hot water. The diet must be light, such as given for fevers.

Kali Phos. in Inflammation of the Brain.

Mr. J. M. had suffered from a prolonged attack of acute and subacute inflammation of the brain. He recovered slowly, but symptoms of softening of the brain set in. His speech was affected; seemed to lose momentary consciousness; could not hurry, even when in great danger, nor stop walking when he wished. I prescribed *Kali phos.*, and in a recent letter he says: "I think it is time I were again informing you that I still continue to improve; indeed, I have little to complain of, except occasionally a feeling of mental stupor, the best remedy for which I have found to be *Kali phos.*, which you recommended to me." (M. D. WALKER, M. D.)

Case Grave, but the Tissue Remedies Cured.

I was called to attend a little girl, 9 years of age, who was suffering from an acute attack of inflammation of the brain. The pulse and fever were very high, and for days she was delirious. Bowels greatly constipated, and her only cry was for *water, water!* The case was very grave, but the tissue remedies did not fail. *Ferrum phos.*, *Kali mur.* and *Kali phos.* were given constantly, and in ten days she was sitting up in bed, a shadow of her former self, but on the high road to recovery, much to the surprise of the parents and consulting physician.

INFLAMMATION OF THE BLADDER.

(Cystitis.)

CAUSES.

Similar to those of "Inflammation of the Kidneys," except inflammation caused by uterine prolapsus. Also see "Inflammations in General."

SYMPTOMS.

Frequent and painful discharge of urine, at times complete suppression; burning pain in region of bladder, with fullness and pain on pressure; fever and sometimes vomiting; highly colored urine, sometimes mixed with blood, etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—First remedy for inflammatory conditions, pain, heat and fever; highly colored urine; constant urging to urinate; suppression due to the inflammation, etc.

Kali Mur.—Second stage, with swelling; with discharge of thick, white mucus in the urine, indicating second stage of inflammation. Chronic cystitis.

Kali Phos.—Cystitis, for the nervous conditions, prostration; passing of pure blood from the urethra; alternate with the principal remedies.

Calcarea Sulph.—Inflammation of the bladder, with discharge of pus; third stage.

SUGGESTIONS.

See "Urinary Disorders." *Ferrum phos.* and *Kali mur.* are generally all that is necessary. Hot, moist cloths applied over the bladder will assist in relieving pain and suppression. Should the suppression be complete, it may become necessary to use the catheter to draw off the urine; however, first try the hot cloths and injections of hot water into the bowels or vagina. Patient must avoid exercise. The diet should be similar to that for fever.

Under Ferrum Phos. and Kali Phos., Rapid Recovery.

Miss M., age 18. Very nervous character; gave way to a violent fit of anger, which caused prolapsus of the

womb and acute inflammation of the bladder. After suffering great pain for some time, the womb was replaced, but the cystitis still remained. A vaginal injection of hot water and internal treatment with *Ferrum phos.* and *Kali phos.* brought quick relief and she recovered rapidly.

INFLAMMATIONS IN GENERAL.

All inflammations pass through so-called stages, and must receive an appropriate remedy for each separate condition. Inflammation is merely a symptom or cry of Nature for certain materials which have become disturbed or fallen below the normal quantity in the organism.

The phosphate of iron is the cell-salt first involved, but if this is not quickly supplied the disturbance extends to others and affects the whole system. The location of an inflammation does not govern the selection of a remedy; it matters not if it is seated in the eye, brain, lungs, bowels, kidneys, or any other part of the body—the remedies must be selected *according to conditions* and not by names.

BIOCHEMIC TREATMENT.

Ferrum Phos.—First remedy in *all cases*, no matter where located. The symptoms indicating its use are: heat, redness, pain, etc., especially before swelling or exudation has taken place. Use internally and externally.

Kali Mur.—Second stage, after or in alternation with *Ferrum phos.*, if there is swelling or exudation of opaque white mucus.

Kali Sulph.—Third stage, when the discharges have changed to a ripe yellow or slimy yellow. Also in al-

ternation with *Ferrum phos.*, to promote perspiration in inflammatory fevers.

Calcarea Sulph.—Stage of resolution; the discharges are composed of *thick, yellow matter*, sometimes streaked with blood.

Silicea.—When suppuration has begun to form, *Silicea* will greatly assist the process.

Natrum Mur.—In alternation with *Ferrum phos.*, in the first stage, if *Ferrum phos.* fails to relieve.

SUGGESTIONS.

As soon as inflammation has begun, *Ferrum phos.* should be given in small but *oft-repeated* doses. If there is *recent* swelling or exudation, alternate the above with *Kali mur.* The same remedies should be applied externally; dissolve in *very hot* or cold water and change the cloths frequently. *Ferrum phos.* may be continued with benefit in alternation with the indicated remedy, in all the different stages of inflammations. The diet should be similar to that for fevers—light and unstimulating.

INFLAMMATION OF THE KIDNEYS.

CAUSES.

Falls or strains; excessive use of stimulants; stone in the kidney; external injuries; abuse of medicines intended to act on the kidneys; suppressed menstruation or piles; taking cold, etc.

SYMPTOMS.

Pressing, heavy pain in the back, in the region of the kidneys, either on one or both sides of the spine; the pain "shoots" toward the bladder. Passing of urine is difficult and painful; the urine is hot, high colored,

or at times entirely suppressed. There is frequently nausea, vomiting, colic and straining to urinate. Lying on the back or motion increases the pains.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the inflammatory symptoms—fever, heat, pain, congestion, etc., external and internal.

Kali Mur.—Second stage, or in alternation with *Ferrum phos.*, from the first. For the swelling, white deposit in the urine, white-coated tongue, etc.

Kali Phos.—For the nervous symptoms as they arise.

Natrum Phos.—To assist the flow of urine, should there be total suppression.

Calcarea Phos. — May be given intercurrently through the course of the disease, or after the acute symptoms have subsided—to restore wasted tissue.

SUGGESTIONS.

If taken in time, and given frequently, *Ferrum phos.* and *Kali mur.* usually suffices. More or less inflammation of the bladder is generally present, and the reader is referred to that disease. The diet is similar to that for fevers and other inflammations.

INFLAMMATION OF THE LIVER.

CAUSE.

High living; exposure to dampness after great heat; the use of stimulants, strong emetics or purgatives; sudden constipation; violent mental emotions; gallstones; injuries; the abuse of mercury, etc.

SYMPTOMS.

These vary considerable in different cases; the most prominent are the following, although not necessarily

present in each individual case: sharp, shooting or burning pain on the right side, under the false ribs, and up under the right shoulder-blade. The pain is increased by breathing or movement. There is present a short, dry cough and other symptoms of inflammation. The bowels are irregular, but generally constipated. In some forms of the disease the pains are very slight, partaking more of soreness and pressure, but the bilious symptoms are more prominent. There is present bitter taste in the mouth, coated tongue, vomiting, yellow complexion and eyeballs, hard evacuations, etc. The region of the liver is generally swollen, hot and tender to the touch. If not properly treated it may assume the chronic form, or suppurate and discharge from the bowels.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the first remedy to be considered for all of the inflammatory conditions, pain, soreness, etc.

Kali Mur.—Second stage, when there is swelling, constipation, white-coated tongue, pain under shoulder-blade, jaundice, etc.; alternate with *Ferrum phos.*

Natrum Sulph.—In *all* cases, either intercurrently or in alternation with other remedies. Specially indicated when there is a bitter taste in the mouth; vomiting of bile or bitter fluids; yellow eyeballs and complexion; bilious green stools; sharp, sticking pains in the liver (*Ferrum phos.*), etc.

Kali Phos.—Should be given intercurrently for the nervous symptoms which are usually present.

SUGGESTIONS.

The same general directions must be observed as for inflammations of other organs. The bowels should re-

ceive attention and be relieved by *copious injections* of hot water. Should the pains in the liver be very severe, cloths wrung out of hot water, or a mustard plaster, may be applied to the surface. Large drinks of hot water are also beneficial. Should the inflammation, through neglect, result in suppuration, the remedies must be selected according to the nature and color of the discharges and characteristic symptoms. (See "Abscess.")

The diet must be very light, such as recommended for fevers. (See, also, "Indigestion.")

Improvement Steady and Satisfactory.

Several years ago a lady, age about 52 years, came to me suffering with inflammation of the liver. Her pains were heavy and at times acute and sharp. The inflammation extended from the rear point of the right shoulder-blade to the center of the abdomen. She had been suffering for some time. The countenance was suffused with yellow; tongue heavily coated; bitter taste in the mouth; eyeballs large and protruding; bowels constipated. I prescribed *Ferrum phos.* and *Natrum sulph.* In two days the pains began to diminish, and from that on the improvement was steady and satisfactory.

INFLAMMATION OF THE LUNGS.

(See Pneumonia.)

INFLAMMATION OF THE OVARIES.

CAUSES.

Similar to those of "Inflammation of the Peritoneum" together with catching cold, suppression, or irregular menstruation, uterine displacements, etc.

SYMPTOMS.

The symptoms are similar to "Inflammation of the Peritoneum," except that the pain is chiefly confined to one or both sides of the lower abdomen, in the region of the ovaries. The treatment and general suggestions are given under "Inflammation of the Peritoneum."

Cured After Suffering Many Years.

Mrs. E., aged 38. Suffered for many years from chronic peritonitis and ovaritis. She would have attacks which would last several months, confining her to her bed or room. Hardly would she be well of one attack before another would be induced by a cold or some slight over-exertion; was nervous and depressed. I attended her one evening for an acute attack. Pains extended over the whole abdomen, which was very sensitive to the touch. Excessively severe in the left ovary. Pulse, 120; temperature, 104. *Ferrum phos.*, 12x, and *Kali phos.*, 12x, were given in alternation every fifteen minutes for two hours, when the pains were abated. The remedies were continued for several days, until all pain and sensitiveness had gone. Two years have passed and she has had no sign of the trouble since.

(G. H. MARTIN, M. D.)

Ovarian Inflammation Reduced by Ferrum Phos. and Kali Mur.

I was called late one night to attend a lady who was said to be suffering with pain in the bowels. On examination, I discovered that it was located in the left ovary. The pain was very severe, causing her to moan and cry. There was slight swelling, heat, great tenderness and high pulse. As she had been suffering for some time, I put her under *Ferrum phos.* and *Kali mur.*, with fre-

quent sips of *Magnesia phos.* in hot water for the acute pains. I also put on hot cloths over the region of the ovary. In less than half an hour she became easy, and by continuing the medicine at intervals through the night, she was able to be at her work the next morning.

INFLAMMATION OF THE PERITONEUM AND BOWELS.

(Peritonitis.)

CAUSE.

Inflammation of the peritoneum or membrane which lines the abdomen, may arise from any general cause of inflammation; also from external injury, chill of the stomach, child-birth, or an inflammatory or diseased condition of any adjacent organ. It is seldom present without the involvement of one or more of the abdominal organs, therefore it has received the general appellation by the laity of "Inflammation of the Bowels." For the actual pathological conditions, see "Inflammations in General."

SYMPTOMS.

Painful swelling and tension of the abdomen, very sensitive to the touch; at times so tender that the weight of the bed-clothes is unbearable. Frequently constipation and suppression of the urine, although not necessarily. In the acute stage there is generally more or less fever, marked by rapid pulse, high temperature, coated tongue, etc. Sometimes vomiting and other symptoms may occur, but these will depend on the other organs implicated. The painful swelling of the abdomen, attended with sensitiveness to the touch, fever, etc., is the surest guide to this disease.

BIOCHEMIC TREATMENT.

Ferrum Phos.—First stage, heat, pain, fever, rapid pulse, high temperature, tenderness of the abdomen, chilliness, vomiting.

Kali Mur.—Secondary stage, for the swelling; abdomen hard and swollen, white tongue, constipation, etc. Alternate with *Ferrum phos.*

Calcarea Phos.—Intercurrently, as a restorative, when the acute symptoms have subsided.

SUGGESTIONS.

The remedies should be given frequently at the commencement of the disease. In the secondary stage, *Ferrum phos.* should be alternated with *Kali mur.* If constipated, the bowels should be moved, preferably by flushing, as directed on another page of this work.

Hot applications to the abdomen are also very beneficial. Keep the patient quiet, avoid meats and have the diet as light as possible.

Ferrum Phos. in Acute Inflammation of the Bowels.

After every other remedy had failed, *Ferrum phos.* was resorted to, in a case of acute inflammation of the bowels. The effect was a brilliant one. The fever abated; the pains decreased rapidly. This remedy was continued until the fever had quite subsided, and profuse perspiration commenced. At this stage *Kali mur.* was given, which caused the absorption of the rather profuse effusion.

Ferrum Phos.—Nothing Else Could Have Acted so Quickly.

I was called late one night to see a child, aged 8, who was suffering with acute peritonitis, caused from overeating berries. Pulse 130; temperature 103½; bowels

hard, hot and swollen. The parent had given two doses of a cathartic medicine, without effect. I ordered a copious injection of hot water, in which was dissolved about twenty grains of *Ferrum phos.*, 3x. A large movement of the bowels occurred, after which I followed with *Ferrum phos.* internally. Nothing could have acted better, as the patient was convalescent in the morning.

INFLAMMATION OF THE SPLEEN.

CAUSE.

Inflammation of the spleen is a rare disease in this country, but is sometimes prevalent in hot seasons. It may arise from want of proper nutriment, insufficient clothing, lack of exercise, or a long-continued mental strain. It is more likely to develop in persons of delicate constitutions or in children, when exposed to marshy miasms.

SYMPTOMS.

Sharp, shooting or pressing pains in the region of the spleen, on the left side beneath the lower ribs. Enlargement and tumefaction is sometimes present. Tenderness in the region about the spleen; paleness of the face. Sometimes slow circulation and coldness of the extremities.

BIOCHEMIC TREATMENT.

Ferrum Phos.—In the first stage, for the inflammatory conditions, heat, fever, pain, accelerated pulse, tenderness, cold extremities, etc.

Kali Mur.—Second stage, if exudation or swelling has taken place, tongue coated white or grayish-white; torpidity of the liver.

Natrum Sulph.—An important remedy if the disease arises from miasmatic causes, languid circulation. To eliminate the water from the tissues.

SUGGESTIONS.

In the first stage alternate two or more of the remedies, as required, in frequent doses. If the disease has reached the chronic stage, the remedies should be given less frequently. Hot, outward applications are beneficial, as in other acute inflammations. The diet should be light and unstimulating, as in fevers. (See "Fever.") The patient should be kept quiet and avoid excessive exercise.

INFLAMMATION OF THE STOMACH.

(Gastritis.)

CAUSE.

It is usually caused by taking cold drinks or ice-water when overheated; by the admission of acids or poisonous substances into the stomach; injury from an external blow; the use of ardent spirits; suddenly checked secretions or natural discharges; abuse of emetics, etc. (See "Inflammations in General.")

SYMPTOMS.

These consist of fever, swelling and heat over the region of the stomach; sometimes with throbbing, burning, heavy or pricking, shooting pain in stomach; stomach sensitive to pressure; nausea, vomiting, great thirst; hiccough, sobbing, restlessness and prostration. The tongue is usually red at the tip and around the edges, foul coating, sometimes white, at the center and towards the root; violent spasms or convulsions; pulse small, weak and irregular; sunken, anxious features. These are the principal symptoms, but it is not probable that they will all be seen in a single case.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the first remedy to be thought of; for the fever, chilliness, pain and tenderness of the pit of the stomach, vomiting of food, red tongue, flushed face, thirst, etc. Also to prevent swelling.

Kali Mur.—Inflammation of the stomach, if caused by hot drinks. (*See Burns and Scalds.*) Second stage of the inflammation, for the swelling, white-coated tongue, etc. Alternate with *Ferrum phos.*

Kali Phos.—If the case comes too late under treatment, for the weakness, nervousness, restlessness, anxiety, etc.

Calcarea Phos.—Intercurrently in gastric fever, also as a restorative during convalescence.

SUGGESTIONS.

Ferrum phos. and *Kali mur.* should be given in alternation from the start; and if given faithfully, little else will be required. Don't give morphine and other poisonous drugs to ease the pain, as they greatly retard the cure. If spasmodic or convulsive symptoms appear, give *Magnesia phos.* in *hot water.* Wring cloths out of hot water and apply over the seat of pain; if this is not sufficient, use hot plates, or stove lids, or even a good mustard poultice. A hot enema of the bowels is also helpful. The diet must be light and unstimulating, as for other inflammatory conditions. Meats of all kinds should be avoided, also all indigestible or irritating food. It is best to give only liquid food till improvement has begun.

Ferrum Phos. Relieves Gastritis.

A boy, aged 7. Hitherto healthy and strong; had been suffering from pain in the stomach for some weeks.

Latterly he vomited all his food; sometimes immediately after taking it, and at other times not until during the night. There was some fever present, but the case was at a distance and the diagnosis was rather meager. I prescribed *Ferrum phos.*, twelve powders, one night and morning. The report was favorable. The fever had not returned; the vomiting of food and pains in stomach had quite ceased soon after taking the medicine.

(From Schuessler.)

In a Few Hours the Pains Subsided.

Some time ago I was called to attend Mrs. J., who was suffering agonizing pains in the stomach. There was considerable fever present; tongue dry and coated white, with red edges. Excruciating pains in the stomach; craved cold drinks. Hot cloths were put over the region of the stomach and frequently changed. *Ferrum phos.* and *Kali mur.* were given internally. In a few hours the pains subsided, and in a few days she was able to be about. At the same time a friend of hers was afflicted the same way. Under allopathic treatment, morphine, etc., it took her three weeks to recover.

INFLAMMATION OF THE TONGUE.

CAUSE.

This disease most frequently arises from disease of some other organ, but may be caused by rheumatism, catarrh, local injuries, eating or drinking acrid substances, etc. The biochemic pathology of this disease is the same as for other inflammations. (See "Inflammations in General.")

SYMPTOMS.

Swelling of the tongue, with heat, redness, pain, etc. The swelling may become so great as to fill the mouth

and render swallowing and breathing almost impossible. It frequently terminates in hardening, suppuration, or gangrene.

BIOCHEMIC TREATMENT.

Ferrum Phos.—In the first stage, for inflammation, heat, redness, pain, etc.

Kali Mur.—In the second stage, for the swelling and hardness. Sometimes white coating.

Calcarea Sulph.—For suppuration of the tongue, when discharging.

Kali Phos.—For the dryness of the tongue. Also putrid, gangrenous conditions.

SUGGESTIONS.

Ferrum phos. and *Kali mur.* will usually suffice in this disease and control the inflammation, before it comes to the suppurative stage. The general diet for inflammations and fevers should be followed.

INFLAMMATION OF THE TONSILS.

(Tonsilitis.)

CAUSE.

Inflammation of the tonsils may arise from any general cause of inflammation, and the reader is referred to the article on "Inflammations in General."

SYMPTOMS.

At first the patient complains of sore throat, and on examination the tonsils (one or both) will be found red and swollen. There is some difficulty in swallowing, and this increases as the disease develops. The tongue is generally coated white and the patient complains of thirst. There is considerable fever and the pulse is full and frequent. The above symptoms become aggravated

as the disease progresses. There is great pain, and delirium is a frequent occurrence. When suppuration takes place there is instant relief from the pain. Frequently one tonsil is no sooner relieved than the other begins to show the same train of symptoms. At times the disease takes on the putrid type and gives rise to symptoms similar to those of typhus fever. Such cases are very critical and should receive prompt attention.

BIOCHEMIC TREATMENT.

Ferrum Phos.—In the first stage, for the fever symptoms, redness of tonsils, pain on swallowing, etc. The chief remedy to reduce the inflammation and prevent swelling.

Kali Mur.—The second remedy, as soon as there is any swelling of the throat; white or gray spots on the throat; white-coated tongue; to prevent suppuration.

Calcarea Sulph.—When suppuration has taken place and matter is discharging; to shorten the suppurative process.

Calcarea Phos.—Chronic swelling of the tonsils, causing pain on opening the mouth and on swallowing. Intercurrent in the acute form of tonsilitis. Chronic inflammation of the tonsils in children or anemic subjects.

Kali Phos.—Should there be weakness, prostration, anxiety or putrid symptoms present; alternate with other remedies.

SUGGESTIONS.

If *Ferrum phos.* and *Kali mur.* are alternated at first, there will frequently be but very little swelling and the whole train of symptoms will be aborted. Frequent gargles of the indicated remedy (3x) in hot water is

very beneficial. The diet must be regulated according to the degree of inflammation present. (See "Inflammations in General.")

A Good Recovery in Two Days.

Case of Miss McC., child of three years of age. Symptoms: swelling of the right tonsil, with deep, dusky inflammation of the throat, with great inability to swallow, tonsils covered with white exudation, tongue white, restless, sleepless, etc. I pronounced it a plain case of tonsilitis. Prescribed *Ferrum phos.* and *Kali mur.* in alternation every hour. Improvement was immediate and a good recovery was made in two days. Have treated other cases similarly affected, and I almost invariably get the answer every time.

(S. L. HAWLET, M. D.)

A Severe Attack Quickly Relieved.

Dr. W. had a severe attack of tonsilitis, involving both tonsils, which were very much enlarged, causing difficult and painful deglutition. Temperature 102; pulse 130; patient exceedingly nervous. Gave *Ferrum phos.*, 6x, and *Kali phos.*, 6x, in alternation every fifteen minutes. Saw the patient in six hours, and all symptoms were much worse; then gave *Kali mur.*, 6x, instead of *Kali phos.*; continued *Ferrum.* The next morning found the patient had passed a hard night. Then gave *Ferrum phos.*, 12x, and *Kali mur.*, 12x. In six hours found the patient very much improved; less pain, less swelling; temperature 100; pulse 100; continued the remedies, and in two days the patient was out and suppuration did not take place.

(G. H. MARTIN, M. D.)

INFLUENZA.

(See La Grippe.)

INTERMITTENT FEVER.

(Chills and Fever.)

CAUSE.

Intermittent fever is known by the common names of "*chills and fever*," "*ague*" and "*malarial fever.*"

It is a disease in which the paroxysm intermits and returns at nearly regular intervals. There are three distinct species: (1) The *Quotidian*, the paroxysms of which return every day; (2) the *Tertian*, every other day; and (3) the *Quartan*, every fourth day. But Biochemistry treats all of the varieties in a similar manner, recognizing no difference except in character. The cause of ague has long been a mooted question; some have believed that it is due to miasm arising from marshy places, stagnant pools of water, etc. Others (and this is the latest) believe that the little, harmless bacillus is responsible for the trouble. The author cannot accept either theory, but believes it is due to two things, *i. e.*, heat and moisture. The nature of this work will not allow of an elaborate explanation, but, briefly, in ague patients there is an excess of water in the blood-corpuscles and the blood-serum; this excludes the proper amount of oxygen from the system, and ague symptoms follow. It matters not whether the water arises from a stagnant pool or a rippling mountain stream, the result will be the same, providing the other potent factor is present, viz.: excessive heat. At one time the author lived in a town located close to a large marsh; it became very hot every summer, and there was a prevalence of intermittent fever. It was decided, for various

reasons, to move the town onto high, commanding ground about four miles distant. This was done, and a mountain stream was tapped, and the sparkling water ran in tiny rivulets through the rocky streets; there was no stagnant water anywhere, yet the "chills and fever" were just as bad as before. On nearly all the dashing mountain streams in excessively warm climates, where no stagnant water can find a place to lodge, will be found intermittent fever. When the hot season arrives, causing humidity of the atmosphere, then the disease appears—as the cold season approaches, it vanishes. Certain other influences predispose the individual organism to more quickly succumb to the atmospheric conditions. This is also true of any other disease. These influences may be: improper diet; excessive mental or physical exertion; worry, etc. Dry or cool mountain air will cure ague, because it is rich in oxygen, which the organism takes up, and the water is disposed of by evaporation. From the foregoing I do not wish to be understood as saying that intermittent fever does *not* arise from low, marshy places, swamps, and the like, but that it is the water and the heat combined, and not *miasma* or bacteria. It will be noted that in this work mention is made that cholera, yellow fever, etc., arise, practically, from the same disturbing element. Just why it gives rise to apparently different forms of disease cannot be discussed here.

SYMPTOMS.

There is first a chill or cold spell, followed by fever and ending with perspiration; this constitutes the paroxysm. Between the paroxysms, which may be every day or at longer intervals, the patient is generally free

from suffering. It frequently assumes a chronic form which continues tediously. In hot climates this disease is very fatal, as the vital organs becomes more or less implicated. The patient complains of weight under the right false ribs; griping pains in the abdomen; looseness of the bowels or constipation; headache; thirst; shortness of breath; furred tongue; dry, harsh skin, etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the chill, fever, pain, heat, thirst, headache, etc. *Ferrum phos.* has the power of attracting oxygen, which is deficient in this disease. Vomiting of undigested food.

Natrum Sulph.—This is the chief remedy in all its stages; to remove the excess of water from the system (*see article under Natrum sulph.*). It is also the proper remedy for all the bilious symptoms which may arise; pain in the abdomen; looseness of bowels; sense of weight under false ribs; bilious coated tongue, etc.

Natrum Mur.—Intermittent fever after the abuse of quinine, or when there is reason to suspect there is an uneven *distribution* of water in the system.

Magnesia Phos.—When there are cramps in the calves, or the chills run up and down the back; great prostration. Alternate with the chief remedy.

Kali Mur.—When the fur at the back of the tongue is of a white or grayish-white appearance. Alternate with the chief remedy.

Natrum Phos.—With the vomiting of acid or sour masses.

Calcarea Phos.—Intercurrently in all cases of intermittent fever, especially when of long standing.

SUGGESTIONS.

Ferrum phos. and *Natrum sulph.* should be given continually throughout the disease; the latter in 3x potency. The patient should keep cool; avoid exposure to the sun during the heat of the day. If the case is severe, and it is practicable, the patient will be benefited by removal to a dry or cooler atmosphere. Ague patients should abstain from a diet of milk, butter-milk, eggs, fat, fish, or anything of a bilious nature. If excessive inflammatory symptoms are present, meats and indigestible foods must, also, be avoided.

Natrum Sulph. Cured in a Short Time.

Grace W., aged 27, called at my office April 19, 1894; complained of continual pain in back of head and extending down to the first lumbar vertebra, with some nausea and aching of nearly all the muscles; became fatigued by walking and exertion; could hardly stand on her feet during school hours. Her former physician diagnosed her case as chronic malaria, prescribed for her quinine, Fowler's solution, cathartic pills, etc., without any good effect. Her trouble was of long standing, and had no hope for recovery. *Natrum sulph.*, 6x, four powders a day, was the remedy used in this case, and three weeks completed the cure.

(T. C. WILLIAMS, M. D.)

Natrum Mur. After Three Months' Treatment.

Mr. L.; chills and fever for three months. Had quinine and other remedies. Paroxysms every other day at 11 A. M., with severe pain in the limbs and small of back; chill lasted nearly two hours, with no thirst during chill. Fever all the afternoon, with bursting headache and intense thirst. Little or no perspiration;

eats and sleeps well, and next day resumes his occupation. *Natrum mur.*, 30x, every four hours during the apyrexia. Next chill light and no return.

(H. C. ALLEN.)

JAUNDICE.

CAUSES.

The principal causes are affections of the liver, indigestion, powerful mental emotions, obstructions of the biliary duct, sedentary habits, the use of liquors or any other thing which will interfere with the proper secretion of the bile.

SYMPTOMS.

The skin is of a yellow color of different shades; the eyeballs are first affected, but if not checked will extend to every part of the body. There is generally costiveness, the stools being hard and whitish; urine highly colored; pain or feeling of weight in region of liver and under the right shoulder-blade. In severe cases the perspiration will sometimes stain the linen.

BIOCHEMIC TREATMENT.

Kali Mur.—Jaundice, if caused by a chill. Sluggish action of the liver; pain in the liver or under the right shoulder-blade; white-coated tongue; hard whitish or pale yellow stools.

Natrum Sulph.—For the jaundiced skin, to regulate the secretion of bile; alternate with *Kali mur.*, the chief remedy.

SUGGESTIONS.

The diet must be light and unstimulating. Avoid eggs, milk, butter, fish, fats and spirituous drinks of all kinds. The patient should take gentle exercise and live in the open air as much as possible.

Immediate Improvement Under Kali Mur.

Last summer my second daughter returned from a visit to New Jersey with an immense wart on her hand. In a few days she was taken quite ill with fever, which I took to be of a bilious nature; gave *Natrum sulph.* She became deeply jaundiced and grew worse while taking this remedy. I then changed to *Kali mur.*, and she began to improve immediately, and was well in a few days. After she had taken a few doses of the *Kali mur.*, the jaundice began to abate and the wart fell off.

(E. H. H.)

KIDNEYS, DISEASES OF.

(See Bright's Disease, Diabetes and Inflammation of the Kidneys.)

LABOR AND PREGNANCY.

(See Child-Bed Fever and Vomiting.)

BIOCHEMIC TREATMENT.

Ferrum Phos.—During pregnancy, for vomiting of undigested food. After labor, for after-pains, milk fever, and to heal the bruised or lacerated parts. Inflammation or inflammatory pains in the womb; also for the fever, pain, heat, etc., of child-bed fever.

Kali Phos.—Feeble and ineffectual labor pains. Tedious labor from constitutional weakness, or in nervous, hysterical patients; pains irregular or weak; patient restless, nervous and tearful. To excite true labor pains; threatened miscarriage.

Magnesia Phos.—*Spasmodic* labor pains, with cramp in the legs. Mouth of the womb is rigid, with thin lips. Pains weak and short; or excessive expulsive efforts. Convulsions. Retained after-birth from contraction of the womb.

Kali Mur.—Chief remedy in child-bed fever, inflammation of the breast, for the swelling; alternate with *Ferrum phos.*

Calcarea Phos.—Burning pains and soreness in breasts; milk spoiled, salty and bluish, child will not take it. Suitable for anemic subjects, where there is decline either before or after labor. Menses appear during lactation.

Calcarea Fluor.—Too weak after-pains; feeble contractions. To prevent hemorrhage. Hard lumps in the breast. (*See Glands, Diseases of.*)

Silicea.—Suppuration of the breasts. (*See Abscess.*)

SUGGESTIONS.

Dr. Rozas says: "For three years I have employed *Kali phos.*, 4x, in doses the size of a bean, dry on the tongue, every ten or fifteen minutes, as a remedy to excite labor pains. It has never failed me, and I seldom have to give the third dose" Give *Ferrum phos.*, *Kali phos.* and *Calcarea fluor.* after a birth and avoid child-bed fever, hemorrhage, etc. Use *Ferrum phos.*, strong solution, as a wash to the parts. *Kali mur.* is the remedy for suppressed lochia. If the flow is natural, avoid excessive injections of water, antiseptics, etc., the flow is Nature's method of cleansing. Keep the patient quiet; avoid overeating and do not disturb the bowels for several days, and then with only an enema of slightly salty warm water. The diet must be light, nutritious, but unstimulating.

Kali Phos. in Labor Acted Promptly.

Recently I had a case of confinement in which the expulsive power of the abdominal muscles was entirely wanting. *Kali phos.*, 3x, gave the desired result. I

have used nothing these thirty-two years that acts so promptly and efficiently as *Kali phos.*, without fear of abnormal conditions. It gives entire satisfaction. It is perfectly harmless and always leaves the mother and child in a normal and healthful condition.

(DR. MORRIS HALE.)

Re-Action Set In in Five Minutes.

I was called to confine a young married lady aged 27. The labor was normal, but immediately after, the uterus contracted, firmly retaining the placenta. The abdominal walls were hard and rigid, assuming a conical form. I used several means to promote relaxation, but to no purpose. I at last administered *Magnesia phos.*, fifteen grains in hot water. In five minutes abdominal muscles relaxed, were soft and pliable to the touch, and I had the satisfaction of removing the placenta without further difficulty. (WM. CHAPMAN, M. D.)

Kali Phos. Prevented All Trouble.

When I first employed the tissue remedies, I had a case of expected labor. This being the fourth confinement, the youngest child being in its eighth year, were expecting a hard time. I gave *Kali phos.*, 3x, night and morning for six days, and I never saw as easy labor in my life, and never saw a case get along as nicely; of course, I got the praise, but I gave it all to *Kali phos.*

(D. R. RUSSELL, M. D.)

LA GRIPPE.

CAUSES.

La grippe is so much like the old-fashioned influenza, that we shall consider them together. This disease, in its present form, first appeared six or eight years ago,

and, starting in Europe, swept in an epidemic wave over the old and new continents. Nearly every winter since, there has been numerous cases in various parts of the land. At first its effects were very fatal and many thousands died, especially in crowded cities. Had this disease arrived five hundred years before it did, our forefathers would have declared the patient "*hoodooed*" and that he was a witch or that the evil spirits were abroad; one hundred years ago, "*too much blood;*" fifty years ago, "*poison in the system;*" but coming on the scene of action when the festive microbe is getting in his fine work, the little fellow gets all the blame and the great batteries of cure are aimed in his direction. True, his defamers have used, apparently, more scientific methods in searching for the cause, but have their conclusions or deductions been one whit more reasonable than have those of our great-grandfathers? The pathology of la grippe is similar to that of bad colds; if it is due to microbes, how can it be possible they will be destroyed by the administration of onion syrup and giving the patient a sweat? I believe the scientific world will yet admit, as do already many great thinkers, that the microbe is the *product of disease* and not the cause, that it feeds upon and thrives in the diseased tissues and their secretions. We believe that atmospheric changes so operate on the human system, that a deficiency of one or more of the inorganic cell-salts occurs and, lowering the vitality, allows the pores to close. The waste matter then seeks an outlet by way of the fluids of the body; this sets up an abnormal condition; increases the circulation; is reflected upon the nervous system, and a diseased condition, called la grippe, follows. This can be demonstrated so that a child

can understand it, but lack of space forbids more than a mere mention.

SYMPTOMS.

La grippe commences as a common cold, with fever, running at the nose, sneezing, chilliness, prostration, rheumatic, sharp or aching pains in the back and limbs, frontal headache, giddiness, earache, redness of the eyes with tears, offensive and profuse sweats, dryness of the throat, dry, shaking cough, etc. In some localities the disease assumes a decidedly bilious character, and there is present, and frequently in addition to the above symptoms, yellowness of skin, diarrhœa, pains in the liver, vomiting of bilious matter, thick yellow-coated tongue, etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the chief remedy in the first stage, for heat, fever, chilliness, headache, dryness of the throat, earache, and all inflammatory conditions.

Kali Sulph.—In alternation with *Ferrum phos.*, to promote perspiration.

Kali Mur.—Alternate with *Ferrum phos.*, if the throat is sore or the tongue has a white-coated appearance.

Natrum Mur.—For the watery conditions, tears, running from the nose, sneezing, dry throat, etc. Sharp pains with above symptoms.

Natrum Sulph.—When bilious symptoms are predominant; vomiting of bile, pain in the liver, yellow skin, diarrhœa, etc. Alternate with *Ferrum phos.*

Magnesia Phos.—For the sharp, shooting and darting pains, if *Natrum mur.* does not give relief.

SUGGESTIONS.

Ferrum phos. should be kept up steadily and alternated with such remedies as the conditions appear to demand. Injections, per rectum, of hot water are very beneficial. At the commencement, promote perspiration by means of hot foot-baths and drinking of large quantities of hot water; it will greatly simplify the disease. The diet should be very light, nourishing, but unstimulating while the inflammatory symptoms are present.

Striking Results from Natrum Sulph.

Mr. R., aged 26, book-keeper. Went to his employment in the morning, feeling perfectly well. About ten o'clock he began to experience a very tired, weary feeling and suddenly became very weak. There was considerable sneezing and discharge of tears, and watery discharge from the nostrils. He went home and sent for me. For two days the temperature was 103° to 104°. Soreness of the muscles, severe backache and bone pains, and pain in the throat and up to the ear. I prescribed *Gelsem* and *Euper. Per.*, but got no perceptible results. The discharge changed from a watery to a profuse greenish mucus. I then prescribed *Natrum sulph.*, 6x, to be given every hour, about five grains at a dose. The result was striking. In a few hours he felt so much better that it was with difficulty he was kept in the house. The following morning he went to his work and has been troubled no more.

(HENRY LA DERNE, M. D.)

Hay Fever—Tried Everything with No Relief.

Adeline W., aged 31. Came to my office with attack of hay fever; complained of constant sneezing, itching and inflamed watery eyes; said she had suffered fifteen

years with hay fever, from the middle of May to September, and had tried every manner of treatment without the least relief, and haughtily said: "I have been powder-blown, sprayed and douched until I am tired of treatment, and I want no more of it." I placed her on *Kali phos.* and *Natrum mur.*, three powders of each, alternately, daily, which completely cured her in less than four weeks. (T. E. WILLIAMS, M. D.)

LEUCORRHŒA.

(Whites.)

CAUSE.

For the primary condition, see "Catarrh." A discharge from one mucous membrane is the same as from another, although the active causes may be different. In this case the discharge may depend upon simple debility, or some affection of the womb of a more or less inflammatory nature. It is frequently seen in delicate, relaxed constitutions, accompanied with falling of the womb, irregular menstruation, etc.

SYMPTOMS.

Leucorrhœa consists of a discharge from the female generative organs. This discharge varies in color and consistency, according to the stage of the disorder; changing from a white, bland, non-irritating discharge to a yellow, yellowish-green, creamy-yellow, dark yellow or yellowish-brown. At times it is non-irritating, but at other times it may cause smarting and soreness of any part it happens to touch. Frequently there is nothing to indicate leucorrhœa except a white, flour-like deposit, but at times it is copious and comes in gushes. The above does not describe those discharges which arise

from cancer or other malignant disease of the womb; these are usually foul and very offensive.

BIOCHEMIC TREATMENT.

Kali Mur.—Leucorrhœa, when the discharge is thick, milky-white, mild, non-irritating mucus.

Kali Sulph.—Discharge of slimy or watery yellow mucus, sometimes tinged with green.

Natrum Mur.—When the discharge is watery, scalding, irritating or smarting, with itching of the parts or morning headache. It is, also, the indicated remedy after the local use of nitrate of silver. Patient is gloomy, tearful, and looks on the dark side of life.

Calcarea Phos.—Intercurrently in all cases of leucorrhœa, as a constitutional tonic. Discharge thick, clear, transparent, looks like white of egg before it is cooked, albuminous; worse after menses, with weakness in sexual organs; with pulsation of parts and voluptuous feelings.

Natrum Phos.—Creamy, golden-yellow, or acid and watery, acrid or sour-smelling discharges from the womb.

Kali Phos.—Scalding and acrid discharges from the womb, which are traceable to a nervous or prostrated condition.

Silicea.—Profuse discharges; leucorrhœa instead of the menses, in weakly, poorly nourished, or scrofulous constitutions (*also Calcarea phos.*).

SUGGESTIONS.

The remedies should be given internally and used as a local wash. Absolute cleanliness is an essential factor in this disease. Take the injections in a recumbent position; wash out thoroughly with tepid water. Put

about twenty grains of the remedy into a glass half full of water and inject, retaining as much of the solution as possible for a few minutes. The patient should avoid excessive exercise, and live on a simple but nutritious diet. Try to discover the cause of the trouble and govern the mode of living accordingly. At times considerable patience is required in the treatment of this disease, as it is merely symptomatic of some deeper ailment. If there be very fetid or offensive-looking discharges from the womb, a good, competent physician should be consulted at once.

Kali Mur. in Leucorrhœa from Birth.

May H., aged 4. Since birth had been troubled with a very offensive vaginal leucorrhœa. The discharge was very profuse, yellow, "like sulphur," fetid odor, and caused rawness and soreness wherever it touched the flesh. Poor appetite; bowels costive; symptoms of worms and a syphilitic history on the mother's side. She had been under the care of several physicians without beneficial results. I prescribed *Kali mur.*, 3x, with *Calcarea phos.*, 6x, intercurrently. In two weeks she was entirely well; the mother said "*not a drop of discharge*" was left. I saw her months after, and there was no return of the trouble.

Other Remedies Had No Effect.

M. M., a young lady, aged 17. Consulted me on account of an obstinate acrid leucorrhœa. I tried the whole series of remedies indicated for these cases. All were without effect, so that I could not but wonder at the patience and perseverance of the patient, whom I saw once a week. *Kali mur.* effected a quick and permanent cure. (FROM SCHUESSLER.)

LIVER, ABSCESS OF THE.

(See Abscess.)

This disease is of such a serious nature, and so obscure and difficult of diagnosis, that it would not be advisable to treat of it in a domestic work of this character. Whenever there are reasons to suspect abscess of the liver, a competent physician should be employed to make a proper diagnosis. However, the treatment will be the same as for abscess in any other part of the body. Abscess of the liver usually results from "Inflammation of the Liver," to which article the reader should refer. In addition to the general treatment for abscess, the bowels should receive attention; and if costiveness exists, it should be overcome by proper measures. The diet should consist of light, easily digested, but nourishing food, taken at more frequent intervals than during health. Above all, every irritating ingredient should be excluded, and every stimulating article of food or drink withheld. Extreme heat, cold, or fatigue must be avoided.

Cured After Three Years of Other Treatments.

Boy, aged 12. Had been given up by three physicians as hopeless. Had been treated for three years with indifferent results. There were so many disorganized conditions, that it seemed hard to tell where to commence. I, however, diagnosed "Abscess of the Liver" as the fountain-head of his ills. I placed him on *Magnesia phos.* and *Natrum sulph.*, in alternation every two hours for one week, after which, one dose of each remedy daily. The improvement was rapid from the commencement, and the result was, in every way, satisfactory. (Dr. S. M. Kessler.)

LOSS OF APPETITE.

(See Appetite.)

LUMBAGO.

This is a violent pain of a rheumatic character across the "small" of the back. It is frequently accompanied with considerable fever, but the principal symptom is the violent or "catching" pain in the back.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the chief remedy, for the pain and fever symptoms. Pains are worse on moving.

Calcarea Fluor.—Lumbago, when it can be traced to a strain; alternate with *Ferrum phos.*

Calcarea Phos.—Should be given intercurrently.

SUGGESTIONS.

The patient should be kept as quiet as possible. For diet, see "Fever." The reader must not suppose that all pains in the back are those of lumbago, for many other pains are liable to occur, which are of different origin. See "Inflammation of the Kidneys," and "Pain."

The Pains Soon Disappeared.

Mr. C., while lifting, strained his back, and afterward caught cold. The pains were low, across the small of the back, very severe, especially on attempting to rise from a sitting or stooping position, when they were of a "catching" nature. I prescribed *Ferrum phos.* and *Calcarea fluor.* in alternation every hour. The pains soon were ameliorated and finally disappeared so that in two or three days he was able to be out again.

MARASMUS.

CAUSES.

Marasmus, atrophy and emaciation are synonymous terms to indicate a wasting away of the tissues, without any active or apparent disease. It is generally due to insufficient nourishment, either from a lack of the proper food, or from an inability of the digestive organs to properly assimilate and use the food taken. It is usually a disease of childhood, though it is frequently developed in those of a more mature age. It frequently arises from the oft-repeated use of mercurial preparations, given to correct gastric ailments, but which produce adverse results.

BIOCHEMIC TREATMENT.

Calcarea Phos.—Is the principal remedy in this disease. It will correct non-assimilation of food and act as a tonic to the system.

Natrum Phos.—Is the remedy if there are acid symptoms present; alternate with *Calcarea phos.*

Kali Phos.—Wasting diseases, when putrid-smelling stools occur, or when there are nerve symptoms present, such as prostration, listlessness, sleeplessness, etc.

Natrum Mur.—When there is rapid emaciation of the neck, in children, accompanied with irritableness, etc.; alternate with *Calcarea phos.*

SUGGESTIONS.

If the disease is in infants, look carefully to the food, and see that it is sufficiently nourishing. If due to non-assimilation of the food, put a little of the *Calcarea phos.* in each meal. If secondary diseases have arisen, they will, of course, have to be treated as the symptoms

are developed. See that the *proper* foods are eaten and avoid all those which tend to disturb the functions of digestion. The bowels must be attended to and kept regular, but *all* drastic drugs should be avoided. Pure air and moderate exercise are also of great importance. The reader is referred to the article on "Anemia."

MALARIA.

(See Intermittent Fever.)

MEASLES.

CAUSES.

Measles is a so-called infectious disease, and usually confines its attacks to children, though adults are not exempt. With proper care, it is not a dangerous ailment; though, if not properly treated, is liable to give rise to dreaded after-effects. It is caused by a disturbance in the molecules of *potassium chloride*, which allows fibrine and other organic material to be thrown out of the system by way of the skin. It is the effort of Nature to do this which causes heat, fever, etc. Just what causes the disturbances in the molecules of *Kali mur.* is not known, but probably electrical or other changes of the atmosphere.

SYMPTOMS.

This disease is generally ushered in with symptoms of cold; short, dry cough; fever; redness of eyes, flow of tears, etc. These symptoms generally precede the eruption from three to five days, and generally continue through the disease. The eruption consists of small red spots about the size of flea-bites, or frequently in the form of pimples. They usually appear first on the face and neck, run together and extend themselves over the

whole body. About the sixth or seventh day from the time of sickening the eruption begins to turn pale, and generally disappears about the ninth day. On the disappearance of the rash, there is a bran-like scaling of the scarf skin.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the inflammatory symptoms, fever, pain and congestion of the chest, redness of eyes, etc. First remedy, and should be continued as long as inflammatory conditions are present.

Kali Mur.—Second stage, swelling of the glands, cough, white or grayish-white coating on the tongue. Also, after-effects of measles; swelling in the throat; deafness; loose, light-colored stools, etc.

Kali Sulph.—If the rash should be suddenly suppressed, this remedy will assist in re-establishing it. Skin harsh and dry; to promote perspiration.

Natrum Mur.—Intercurrently, for excessive flow of tears or other watery conditions, or when the tongue is coated with frothy bubbles of saliva.

Calcarea Phos.—After measles, to restore wasted tissue.

SUGGESTIONS.

If *Ferrum phos.* and *Kali mur.* are given faithfully, and ordinary care is taken to avoid catching cold, there will seldom be any after-effects. If the rash is suppressed through taking cold, *Ferrum phos.* and *Kali sulph.* should be given frequently, and warm coverings applied till a sweat is produced, when the rash will again appear.

Great care should be taken in regard to the diet, which must be very light and similar to that of "Fever," which article see.

Dr. Kock, of Munich, reports: In thirty-five cases of measles which came under my treatment, coryza and bronchial catarrh were very slight in the beginning. Conjunctivitis and intolerance of light along with it, were the more prominent symptoms. Within a few days the rash appeared, lasting five or six days, and then disappeared. But either during the blush of the rash or the fading of it, painful swelling of one or both glands below the ear set in. The children became feverish, and were crying and moaning both day and night. The remedy which I now chose was *Ferrum phos.* I gave it at the premonitory stage, and when I saw that it proved very satisfactory I looked for no other remedy.

The Result Perfectly Satisfactory.

C. E., a boy 7 years of age, was taken with the measles, and I was called the second day and treated the case as follows: For the inflammatory symptoms, fever, etc., *Ferrum phos.;* watery conditions, *Natrum mur.;* hoarse, croupy cough, white-coated tongue, *Kali mur.* The result was all that could be desired; there were no glandular swellings, and the patient recovered rapidly.

MENINGITIS.

CAUSES.

Meningitis is an inflammation of some part of the membranes of the brain, due to a lack of *phosphate* of *iron* and *chloride* of *potassium*, causing a surplus of fibrinous matter to collect and press upon sensitive nerves, which causes contractions, spasms, etc.

SYMPTOMS.

This disease commences with a chill, followed by headache and vomiting. It almost always sets in suddenly

without premonitory symptoms. The pulse is very rapid, also the breathing. Other important symptoms are: violent headache; great restlessness; prostration; aching in the limbs; stupor; convulsions; contraction of the muscles of the neck; drawing the head backward or sideways; squinting; enlarged, flabby tongue; and sometimes purplish spots, from the size of a pin-head to large patches, appear on different parts of the body.

BIOCHEMIC TREATMENT.

Natrum Sulph.—Is the chief remedy in this disease, in alternation with *Ferrum phos.* Violent pains at the base of the brain; determination of blood to the head; heavy crushing pain in the head, etc.

Ferrum Phos.—In alternation with *Natrum sulph.* —for the fever, rapid pulse, delirium, etc.

Kali Mur.—After *Ferrum phos.*, when effusion has taken place; to control the excess of fibrine.

Magnesia Phos.— For the spasmodic symptoms, cramps, convulsions; drawing aside of head and squinting.

Calcarea Phos.—Intercurrently in this disease, and when convalescence begins.

SUGGESTIONS.

There will be very little appetite during an attack, but when it has somewhat abated, the food should be of the lightest kind. Perfect quiet should be maintained, and no excitement allowed. *Natrum sulph.* should be given steadily throughout the disease, in alternation with other remedies indicated by the symptoms. Meningitis is a very serious disease, and if competent medical advice can be obtained, it should be secured at once.

A Perfect Recovery Within a Fortnight.

In the case of a little boy, 7 years of age, who had concussion of the brain from a fall, meningitis set in, with its characteristic symptoms, and the first medical man's prognosis was adverse. *Ferrum phos.* carried the day. On the third night, however, there was a change, the pulse being in the morning 100, having been 125 on the day before, fell to 49 per minute. *Kali phos.*, a dose every quarter of an hour, raised it steadily up to 57, where it remained for two days. After that it rose, and the case mended very satisfactorily, the now threatening symptoms, stupor, dilated, immovable pupils, etc., disappearing. A perfect recovery resulted at the end of a fortnight. The remedies given were *Ferrum phos.*, *Kali phos.* and a few doses of *Calcarea phos.*

MENSTRUATION.

Menstruation is one of the natural functions of the female economy. It is only in those cases wherein an irregularity of the flow occurs that it becomes a disease. Normal menstruation should occur every twenty-eighth day, but this varies slightly in individual cases. Suppression of the menses frequently occurs from catching cold, getting the feet wet, or from some diseased condition of the system, such as anemia, chlorosis, consumption, etc. The reader is referred to the articles under "Amenorrhœa" and "Dysmenorrhœa."

BIOCHEMIC TREATMENT.

Ferrum Phos.—Menstruation with flushed face, pain, headache, quick pulse, vomiting of undigested food, and discharge of bright-red blood, coagulating quickly.

Kali Mur.—Menses too late or suppressed from taking cold; or too frequent or too early; dark, black, clotted discharge, like tar; menses last too long; tongue coated grayish white.

Kali Phos.—Irregular menstruation in weak, nervous, irritable, sensitive women; menses too late, too profuse or too scanty. Pain at the monthly flow in the above described class of women; discharge is deep-red or blackish-red, thin, not coagulating.

Natrum Mur.—Thin, watery, pale discharge (also *Kali phos.*), especially of young girls with anemic symptoms; drowsiness, gloominess, and dull, heavy headache in the morning.

Magnesia Phos.—For colicky or cramp-like pains before or during menstruation. (*See Dysmenorrhœa.*)

Calcarea Fluor.—Excessive menstrual flow, accompanied by bearing-down pains. Flooding, to contract the muscular tissues.

Calcarea Phos.—Intercurrently in all cases. Irregular menses in young girls or anemic persons. Too early menstruation in young girls. After *Magnesia phos.* in menstrual colic.

Natrum Phos.—Menses acrid and sour smelling, causing soreness and rawness wherever it touches (also *Kali phos.*); the tongue has a creamy coating.

SUGGESTIONS.

In painful menstruation give *Magnesia phos.*, 3x, in *hot water*, small but very frequent doses; also wring cloths out of hot water and apply over the lower part of the abdomen and drink freely of hot water. In flooding, lie down and elevate the hips by placing a pillow under them and alternate *Calcarea fluor.* and *Ferrum phos.*

For suppressed menses, take occasional warm sitz baths. For retarded or painful menstruation, moderate exercise a few days before or at the time of menstruation is beneficial.

In all forms of abnormal menstruation, the diet should receive careful consideration. The patient should avoid sudden changes of temperature, violent exercise, late hours, etc., and should practice *regularity* in everything.

Almost Flooded to Death.

A lady called to see me just after a severe hemorrhage from the womb—in fact, every time she menstruated she almost flooded to death. Upon examination I found the uterus hard and so large that it completely filled the vagina; this had, doubtless, been coming on since the birth of her child, six years before, as she had complained of increasing weight in that region all the time. I gave her a dose of *Calcarea fluor.* every four hours. This reduced the induration in four to six weeks to its natural size; and five years have passed and no return of the trouble. (A. P. DAVIS, M. D.)

Ferrum Phos. in Profuse Menses.

An anemic patient was troubled with menorrhagia. The case presented a history of profuse menstruation; the flow was depleting; no pain or local tenderness. In fact, no tangible symptoms, the condition of anemia representing the cause in this case. *Ferrum phos.*, 3x, cured. (E. S. BAILEY, M. D.)

Menstruated Every Two Weeks.

Mrs. A., aged 34. Profuse menstruation. The following symptoms were present: small, thin, anemic; menstruates every two or three weeks, lasts from five to

six days; face pale, but fiery red during menstruation; blood coagulates easily; vomits everything she eats; debility. *Ferrum phos.*, 3x, a powder every two hours during the period, and night and morning for a week, were given. This treatment was continued for about three months, when the flow became more normal, her complexion better, and she began to feel stronger and much improved in every way. (C. R. VOGEL, M. D.)

MILK FEVER.

This is generally attendant upon the secretion of milk, a few days following confinement. The causes are many, prominent among which are the following: mental emotions; taking cold; an accumulation of an excess of milk, due to neglect in putting the infant to the breast sufficiently early. This allows absorption of milk into the circulation.

SYMPTOMS.

Like most other fevers, it is ushered in with slight shiverings, followed by heat and perspiration. The pulse is variable; temperature above the normal. In some cases there is a drawing pain in the back, extending to the breast. Bad taste in the mouth, thirst, hard breathing, anxiety and headache. There is usually diminution or suppression of the milk secretion.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the febrile conditions, heat, chill, pain, high temperature, abnormal pulse, etc.

Kali Mur.—The chief remedy in this disease; white-coated tongue; breasts swollen and painful; to prevent "caking." Alternate with *Ferrum phos.*

SUGGESTIONS.

If a few doses of *Ferrum phos.* and *Kali mur.* are given about the time the secretion of milk is expected, milk fever will be avoided. See that no large amount of milk is allowed to remain in the breast. After the fever, should the flow of milk be temporarily suppressed, *Calcarea phos.* or *Calcarea fluor.* will generally be found sufficient to re-establish normal secretion. The patient should be kept quiet and the diet similar to general fever cases.

MISCARRIAGE.

CAUSES.

Miscarriage may be caused by an accident, such as heavy lifting, straining, falling, etc. Or the muscular system may become weakened and relaxed from incorrect living, fashionable habits, lack of fresh air, mental emotions, etc. Women who have formerly miscarried are predisposed to its recurrence.

SYMPTOMS.

The symptoms vary greatly in individual cases, but there is generally a sensation of chill, followed by fever and "bearing-down" pains, similar to those of labor. These symptoms are accompanied by a vaginal discharge of blood and mucus, followed by the emission of a thin, colorless fluid. At times the pains are severe and resemble labor pains in their recurrence, but in the earlier stages of pregnancy they may be moderate or entirely absent.

BIOCHEMIC TREATMENT.

Kali Phos.—Is useful in the earlier stages, especially in nervous subjects or when there is a predisposition to

miscarriage; it should be continued for several months in small doses.

Calcarea Fluor.—The chief remedy to "tone" up the contractile power of the womb. The principal symptoms calling for its use are flooding and the excessive "bearing-down" pains.

Calcarea Phos.—Useful as an intercurrent remedy, also in cases where a predisposition exists.

SUGGESTIONS.

Miscarriage does not properly belong to a *domestic work*, and the above treatment is intended only to guide those cases where medical attendance is not obtainable. A competent physician should be consulted as soon as possible after the appearance of unfavorable symptoms. In all cases the patient should lie down and remain as quite as possible, with the hips slightly elevated and the head lowered.

She Went Safely to Full Term.

Mrs. H. lost her second child at five months by miscarriage. I warned her that when she again became pregnant to take extra care, and at the first symptom of miscarriage to call me at once. One morning about a year later I received the call. I found her suffering with labor pains, and on examination the mouth of the uterus was found to be dilating. I left her *Kali phos.* and *Ferrum phos.* She was seven months pregnant and I feared the worst. I called again in the evening and found the symptoms worse and the pains coming more frequent. Without much hope of accomplishing anything, I changed the *Ferrum* to *Calcarea fluor.* She told me afterward that she had only one more pain after taking the remedy, and she went safely to full term.

MORNING SICKNESS.

(See Vomiting.)

MOUTH, DISEASES OF.

(See Aphthæ, Canker, Glands, Diseases of.)

MUMPS.

CAUSES.

Mumps exist as a distinct disease, or may occur in connection with or after another disease, such as scarlet fever, measles, etc. It generally affects individuals under the age of puberty, and is more frequent during cold, damp weather. Whatever may be the immediate exciting cause, the result is always the same, *i. e.*, a disturbance of fibrine in certain glands of the body.

SYMPTOMS.

These consist chiefly of inflammatory swelling of the glands beneath the ear, under the jaw, and sometimes extending to the throat and tonsils. There is also more or less fever, pain and other febrile disturbances. If proper precautions are observed against taking cold, the disease is rarely dangerous; but, on the other hand, if cold is taken, it may attack some more important organs and cause very grave results. There is usually fever, loss of appetite, prostration and drowsiness. A simple test of mumps is a peculiar and disagreeable sensation in the throat and jaws whenever anything of a sour nature is eaten.

BIOCHEMIC TREATMENT.

Ferrum Phos.—For the first symptoms, fever, pain, inflammation, etc.

Kali Mur.—After or in alternation with *Ferrum phos.;* for the swelling, white-coated tongue, etc., the chief remedy.

Natrum Mur.—In alternation with *Kali mur.*, if there should be excessive secretion of saliva or swelling of the testicles.

SUGGESTIONS.

Ferrum phos. and *Kali mur.* is generally all that is necessary, if given promptly and faithfully. If through neglect the disease should "go" to other organs, the remedies will need to be selected according to the symptoms as they arise. Great care should be taken to avoid damp, draughts, sudden changes of temperature or any other means of taking cold. The patient should be kept moderately warm, and the neck and jaws should be protected by flannel. The diet should be light, easily digested food, such as is prescribed for fevers in general, with the exception that sour or acid food should be prohibited.

The Tissue Remedies Gave the Most Satisfactory Results.

One case had violent fever, even to delirium, great swelling, pain, etc. The fever was entirely relieved within five or six hours, and the swelling and all the other symptoms were entirely relieved within three or four days, by the alternate use of *Ferrum phos.* and *Kali mur.* I have treated, during the past year, at least a dozen cases, and I have never had such satisfactory results. (S. POWELL BURDICK, M. D.)

A Quick Cure and No Bad Results.

Mr. C., aged 26. Had a severe attack of left-sided mumps. The fever, pain, swelling, etc., were so bad as

to confine him to his bed. *Ferrum phos.* and *Kali mur.*, with occasional doses of *Natrum mur.*, cured the case quickly and left no bad results.

NECK, STIFFNESS OF THE.

BIOCHEMIC TREATMENT.

This is generally of an inflammatory or spasmodic origin. If of the former, *Ferrum phos.* will be needed; but if of the latter, both *Ferrum phos.* and *Magnesia phos.* will be required.

Magnesia Phos. and Ferrum Phos. Give Immediate Relief.

Mrs. C. was seized with a very severe attack of spasmodic stiffness of the neck. The pains were so severe that she would cry out with suffering. This lasted for some time without relief. *Magnesia phos.* and *Ferrum phos.* were given, with good results.

NETTLE RASH.

(See Skin, Diseases of.)

NEURALGIA.

CAUSES.

Neuralgia is simply a nerve pain, caused most frequently by an impoverishment of the nerves themselves or undue pressure of surrounding tissues. The *phosphates* of *magnesia* and *potassium* enter largely into the formation of nerve fibers; therefore, when these elements are deficient or disturbed, the brain at once receives the warning. It matters not in what part the pains are situated, the treatment will be the same.

SYMPTOMS.

These consist of sharp, shooting, darting or intense pains along the course of the nerves. *Heat* generally relieves, if the pains are not deep-seated.

BIOCHEMIC TREATMENT.

Magnesia Phos.—The chief remedy for all neuralgic pains, when watery conditions are absent and heat relieves; intense, darting, excruciating or spasmodic pains; pains better in the warm room and aggravated in the cold air

Kali Phos.—Neuralgic pains in nervous, sensitive or anemic persons. Pains are better by gentle motion, or under pleasant excitement; worse when alone. Pains with depression, failure of strength, nervousness, sleeplessness, irritability, crossness, etc.

Natrum Mur.—Severe neuralgic pains, intermittent and with excessive flow of saliva or tears. The pains resemble those of *Magnesia phos.*, but are distinguished from them by the excessive secretion of fluids from the mucous membrane of some organ.

Ferrum Phos.—Neuralgic pains due to inflammatory conditions, caused by a chill or cold; severe throbbing pains, like a nail being driven in over the eye; blinding pains, with fever, burning heat, flushed face, etc.; pains relieved by cold applications or cool air, if not too deeply seated.

Calcarea Phos.—Intercurrently in all cases, or when the indicated remedy fails to give relief; pains coming on at night and of a numbing character, or with sensation of crawling or coldness.

SUGGESTIONS.

Other remedies may be found necessary in extreme or obstinate cases; if so, they should be selected with careful consideration of the symptoms. *Magnesia phos.* should be given in *hot water*, if quick results are desired. Local applications of the indicated remedy are

very beneficial. The aggravation or amelioration by cold or heat is not an *infallible* guide to the selection of the proper cell-salt, but in a majority of cases is a true test. The diet (except when fever is present) should be sufficient and nourishing, and of such a character as will best supply the deficient materials which are the cause of the disease.

Were Treated by Europe's Most Eminent Physicians.

Dr. M. Docetti Walker gives, in *The Homœopathic News*, three interesting cases of facial neuralgia. Each case presented somewhat similar symptoms; the pains were sharp, darting, shooting, sometimes dull, boring or crawling. All the symptoms were of a very severe type, and the cases had passed through the hands of many of the leading medical men of Europe without any relief. The remedies used were *Magnesia phos.*, *Calcarea phos.*, *Kali phos.*, and, as there was indigestion present, *Natrum mur.* and *Natrum phos.* The cases made rapid and permanent cures.

Two Doses—Cured Completely.

Miss M. S. suffered from neuralgia, true nerve fiber pain darting through her head along the nerves. She had suffered intermittently for three days. Two doses of *Magnesia phos.* cured her completely.

Neuralgia Following La Grippe.

A gentleman suffered with neuralgia, following an attack of la grippe. The pains were located in the eyes and forehead. He had suffered with them for two weeks; they came on daily about 1 o'clock P. M. and disappeared about 6 o'clock P. M. He said: "This pain is so severe it nearly sets me crazy when at its worst." Very restless at night. *Magnesia phos.*, 3x., and *Kali*

phos., 3x, alternately every hour, gave immediate relief. Slept much better that night; next day just a slight trace of pain, and the second day none at all.

(J. H. KING, M. D.)

Magnesia Phos. Quickly Relieved.

A severe case of neuralgia in the head. The lady had come sixty miles to attend a musical entertainment, and was compelled to go to bed on account of the pain. After suffering for several hours I was called, and relieved her completely in an hour with *Magnesia phos.*, 6x, a dose every ten minutes.

(W. P. WESSELHOEFT, M. D.)

Calcarea Phos. Gave Immediate Relief.

Ada D., a healthy, robust child of eight years. Her only symptom was a severe pain at the lower part of the sacrum, coming on after stool and lasting the entire day until she goes to bed at night, when it ceases. The pain is so severe as to prevent her walking or even standing. *Calcarea phos.* gave immediate relief.

(R. T. COOPER, M. D.)

NIGHTMARE.

(See Sleep.)

NIGHT-SWEATS.

BIOCHEMIC TREATMENT.

Silicea.—This is the chief remedy in night-sweats, or profuse sweats accompanying any disease; copious night-sweats in consumption. Sweat about the head of little children. Fetid foot-sweat.

Natrum Mur.—Should *Silicea* fail to relieve, this salt may be resorted to.

Calcarea Phos.—If night-sweats are associated with emaciation and great weakness—intercurrent.

SUGGESTIONS.

Bathing with salt water, or wearing a night-shirt which has been dipped in salt water and dried, will often cure night-sweats.

Cured of Night-Sweats in a Few Days.

Mr. W., a teamster, came to me troubled with night-sweats. Upon examination, I could find no cause for the sweat. He was strong, hearty and worked hard. He had been troubled for several weeks, and had each night been "drenched" with the excessive perspiratory discharge. I placed him on *Silicea*, and had no reason to regret my choice, for in a few days he was well.

NIPPLES, SORE, CRACKED.

The nipples frequently become sore and cracked, either through neglect in their care or from a constitutional tendency to tenderness. When this occurs a rubber nipple should be obtained and used until the parts have time to heal. Should they crack and bleed, a strong solution of *Ferrum phos.*, 2x, should be used; also, *Calcarea phos.*, internally.

The nipple should be thoroughly cleansed and dried after each time the child nurses. *Ferrum phos.*, 2x, mixed with vaseline, makes a healing and hardening application. Exposure of the breasts to the air will also do much to harden the nipples.

OFFENSIVE BREATH.

CAUSES.

The principal causes of this disagreeable affection are: derangement of the stomach and intestinal tract; a dis-

eased state of the gums; decayed teeth; an accumulation of tartar or uncleanliness.

BIOCHEMIC TREATMENT.

If due to a derangement of the stomach from any cause, the proper remedies should be selected according to the symptoms. (See "Indigestion," "Constipation," etc.) If due to bad teeth or an accumulation of tartar, a competent dentist should be consulted. If due to uncleanliness, thoroughly rinsing the mouth with tepid water and brushing the teeth night and morning will be necessary. If due to gastric derangement or diseased gums, proper attention must be given to the diet and those articles of food discarded which create any abnormal disturbance.

OVARALGIA.

(See Inflammation of the Ovary.)

PAIN.

CAUSES.

Pain is not a disease in itself, but is a true indication of a disturbance in one or more of the inorganic salts. Pain in this sense is not an evil, but a blessing in disguise calling for a supply of the material which is deficient in the organism. It is by a thorough understanding of pain as a cry of Nature that the biochemic physician is enabled to cure diseased conditions. The use of morphine, cocaine and other powerful poisons, for the purpose of allaying pain, is, in the main, pernicious. Not only is there extreme danger in their use, but by deadening or paralyzing the nerve centers the "cry" is smothered and the deficiency (*disease*) which is sapping the life of the patient remains unsupplied. A worm boring the trunk

of a tree can easily be destroyed, because his work can be seen, but if he works at the root the evil is accomplished before his presence becomes known.

Pains differ materially in their nature and must be correctly understood in order that they may be relieved. An intense, throbbing pain indicates an inflammatory condition; sharp, shooting, darting pain, a neuralgic condition, etc. Their special character and the corresponding remedy is indicated in the following:

BIOCHEMIC TREATMENT.

Ferrum Phos.—Inflammatory pains in any part of the body require this remedy. All *Ferrum phos.* pains are relieved by cold, providing it can be applied directly to the affected part; but if the pains are in deeply-seated structures, the application of cold to the surface will aggravate. Inflammatory pains are usually heavy, beating, throbbing, dull or intense.

Magnesia Phos.—Neuralgic pains, sharp, shooting, darting, boring, constrictive, and intermittent. Relieved by *heat* and aggravated by cold.

Kali Phos.—Laming pains; the parts affected feel powerless; *gentle* movement, or cheerful excitement relieves. Neuralgic pains in anemic or nervous persons.

Kali Mur.—After or in alternation with *Ferrum phos.*, for the swelling due to inflammation.

Natrum Mur.—Pains of any character when associated with an excessive secretion of saliva or flow of tears. The tongue generally is covered with bubbles of frothy saliva.

Calcarea Phos.—Pains in pale, anemic subjects, or after exhausting disease—with creeping sensation, numbness, coldness; worse at night.

Kali Sulph.—Pains which constantly move from place to place. All pains worse in the evening or in a heated atmosphere; better in the open air.

SUGGESTIONS.

To relieve pain quickly, a careful selection of the remedies must be made, and given in small but oft-repeated doses—from three minutes to one-half hour apart, as necessary. *Magnesia phos.* will act much quicker in *hot* than in cold water. When practical the remedy should also be used locally. If the pains are deeply seated, *hot* fomentations applied to the surface will afford relief. In pains of a purely nervous character the state of the mind will be found to assert a wonderful influence.

In *all pains*, copious draughts of *hot* water will be greatly beneficial.

PAINFUL MENSTRUATION.

(See Dysmenorrhœa.)

PALPITATION.

(See Heart, Affections of.)

PARALYSIS.

CAUSES.

It is due to a deficiency of one or more of the cell-salts in the nerves, or inflammation of brain tissue or of the nerve sheath; these deficient salts are chiefly those of lime, magnesia and potassium. Just why a deficiency of a cell-salt will at one time cause neuralgia, at another paralysis, and at still another some apparently different disease—is not known. It may be the quantity

disturbed, or the exact location, etc., but this is merely speculative.

SYMPTOMS.

The symptoms of paralysis are numbness, coldness, paleness and slight jerking or twitching in the parts affected; although in sudden shocks these symptoms may be partially or wholly absent.

BIOCHEMIC TREATMENT.

Kali Phos.—Is the chief remedy in all forms of paralysis, whether of the creeping or sudden variety—also for paralysis of the vocal cords, causing loss of voice.

Magnesia Phos.—In alternation with *Kali phos.*, if spasmodic symptoms are present. Palsy, involuntary shaking of the head or of the hands; muscular paralysis.

Calcarea Phos.—Intercurrently, for the coldness, creeping, numbness, etc.

Ferrum Phos.—If due to inflammatory causes, in alternation with the other remedies.

SUGGESTIONS.

In sudden "strokes" of paralysis, the advice of a physician should be obtained at once, as it is a most serious disease, greatly endangering life itself. In all forms of paralysis the above remedies will be found to exceed anything else ever used for this disease. In local or creeping paralysis, the remedies must be continued for some time, and they will give entire satisfaction. The electric battery is frequently beneficial, if used in moderation. In most cases the stomach will be greatly disturbed and must be given careful attention, and for this purpose the reader is referred to the article on "Indigestion."

The diet should consist of the most unstimulating food, which should be increased in quantity and strength as the disease subsides.

Paralysed, but in a Few Months Completely Cured.

Frank Gable, aged 6 years. Affected with paralysis. He could not move a muscle with the exception of batting his eyes. The pupils of his eyes were badly dilated. He looked like a live skeleton, weighing only twenty-seven pounds. The history of the case showed the cause to be a hurt, followed by cerebro-spinal meningitis. He had been under the care of a physician who gave up the case. I promised the parents nothing, but put him under the tissue remedies, the chief ones being *Magnesia phos.*, 3x, *Kali phos.*, 3x, and *Silicea*, although *Natrum mur.* and *Calcarea phos.* were used occasionally. The improvement was slow, but steady, and in six or seven months, Frank was well in mind and body. (J. S. LEACHMAN, M. D.)

Kali Phos. in Paralysis of the Vocal Cords.

A young lady, about 18 years of age, awoke one morning and found she could whisper only; otherwise she did not think there was anything wrong with her. She consulted her physician. He poulticed and blistered her neck; also had to swallow much medicine for six or eight weeks; nothing seemed to help. At last he told her it would come back again, and so she quit doing any more for it. After this I saw her; she didn't whisper, but spoke hoarse. My diagnosis was paralysis of the cords. I gave *Kali phos.*, 6x, about five grains in six spoonfuls of water, to be taken every day. The second day improvement began, and soon had her voice again. (WM. LENZ, M. D.)

Has Complete Use of Parts Paralysed.

I was called to see Mr. J. D., aged 70, who, I was informed, had had a stroke of paralysis. I found his right arm and hand, right side of face and body were paralyzed. He was unconscious and unable to move any of the parts mentioned. He lay as if dead. I gave him one-grain doses of *Kali phos.* every hour. He steadily improved, and at the present time has complete use of the parts paralyzed. He is up and around, but he cannot talk straight yet, but is rapidly improving in that respect. I expect a complete cure in this case.

(W. E. KINNETT, M. D.)

PERITONITIS.

(See Inflammation of the Peritoneum.)

PILES.

CAUSE.

There are several predisposing causes, among which may be noted: constitutional taint; the abuse of warm drinks; excessive purgings; constipation; the use of alcoholic drinks, tea, coffee, highly seasoned food, spices or drastic medicines; sedentary habits; tight lacing; liver troubles, etc.

SYMPTOMS.

Piles are of several kinds, but for practical purposes they may be divided into two classes: the internal and external. The symptoms of both closely resemble each other, the main difference being the protrusion of one from the rectum, while the other is invisible. The following symptoms are not present in every case, but are characteristic of the different varieties: protrusion of the inner foldings of the intestine, with or without bleeding; pains in the lower part of the back; sensation of

itching, prickling, tickling, burning or pressing at the terminal bowel; generally associated with constipation and derangement of the liver.

BIOCHEMIC TREATMENT.

Calcarea Fluor.—Is the chief remedy in this disease, for the relaxed condition of the muscular fibers. Bleeding piles, with pressure of blood to the head; pain low in the back; piles with chronic constipation. Itching piles—should be used internally and externally.

Ferrum Phos.—For the soreness and inflammation; also when discharging bright-red blood; locally and internally.

Kali Mur. — When the blood is thick and dark. White-coated tongue; inactivity of the liver. Alternate with *Calcarea fluor.*

Natrum Sulph.—Piles, with bilious conditions; heat in the lower bowel; excess of bile. Alternate with *Calcarea fluor.*

Magnesia Phos.—Sharp, cutting or stinging pains in external piles; also locally in warm water.

Natrum Mur.—When the stools are hard, dry and crumbling. Alternate with *Calcarea fluor.*

Calcarea Phos.—Intercurrently in all cases of piles, as a constitutional tonic, especially in anemic persons.

SUGGESTIONS.

Calcarea fluor. is the chief remedy, and should be alternated steadily with any other remedy indicated. In piles there are, as a rule, certain disturbances in the action of the liver or the digestive organs, which must receive close attention if a radical cure is expected. If the piles are due to inactivity, proper exercise should be taken. Enemas of *hot* or *cold* water are frequently bene-

ficial, but will sometimes cause hemorrhoids if carried too far. Cutting or strangulating the excrescences, except in very aggravated cases, is to be strongly deprecated.

The diet should be light, easily digested, but nourishing. All alcoholic or stimulating drinks, highly seasoned food, wine, coffee, etc., are to be strictly avoided. Sedentary habits should be abandoned for a life of increased activity and out-door exercise. The bowels should be kept regular, but purgatives of any nature must be prohibited. The remedies should be used locally, either dissolved in warm water or applied as an ointment mixed with vaseline.

Every Thing Else Failed—Calcarea Fluor Cured.

Mr. F. A. Piles, external, were cured, after using almost every local application, by *Calcarea fluor.*, 3x, two drachm vial, a powder every night.

Bleeding Piles, with Chronic Constipation.

Wm. S., aged 28. Has been troubled with piles for some years. Bleeding piles, accompanied by chronic constipation, with much straining at stool; great pressure of blood to the head, and flushes of heat; tongue mapped or covered with a grayish-white coating. I prescribed *Calcarea fluor.*, 3x, and *Kali mur.*, 6x, in alternation every four hours, corrected the diet, and in a few weeks he was completely cured, with no return of the trouble. I might also add that I had an ointment of one-half ounce of *Calcarea fluor.*, 2x, to two of vaseline, made and had it applied locally up into the rectum every night, which greatly assisted the internal medicine. (C. R. VOGEL, M. D.)

The Trouble Relieved in a Few Days.

Mr. O., aged 34, developed a case of itching piles; this was the only symptom. *Calcarea flour.*, 6x, a few doses taken in water, each day, relieved the trouble in a few days.

PLEURISY.

CAUSES.

Pleurisy is simply an inflammation of the pleura or membranous covering of the lungs, and is due therefore to causes similar to those of "Pneumonia," to which article the reader is referred.

SYMPTOMS.

The first symptoms of pleurisy are similar to other inflammatory affections. Chill and shivering, followed by fever, after which there is severe, sharp, cutting pains in the side—generally confined to a small spot. The pains are greatly aggravated by breathing deeply or by coughing. The respirations are shortened, owing to the pain following deep inhalations. The pulse is hard, full and quick; skin hot; tongue parched; short, dry cough; high colored urine and decreased in quantity. The patient usually lies on the affected side or on the back. If the case is severe, head and brain symptoms may follow. This disease is, at times, very insidious and will terminate fatally without giving rise to the above symptoms in any marked degree, but little fear need be felt if the remedies below are given as indicated.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the principal, and frequently the only, remedy needed, if given in time. For the first stage, fever, pain, shivering; rapid, full pulse; short

cough; oppressed breathing; stitch in the side. Internally and locally.

Kali Mur.—Second stage, when fibrine has been disturbed and exudation has taken place; indicated by white-coated tongue.

Calcarea Sulph.—Third stage, with formation of pus in the cavity—to limit the discharge.

Natrum Mur.—When serous or watery fluid has accumulated; indicated by rattling in the lung over the spot affected.

Calcarea Phos.—Intercurrently through the course of the disease, and after the acute symptoms have subsided.

SUGGESTIONS.

Ferrum phos. is the first remedy to be thought of, and should be given often at the commencement. It is also a good plan to alternate it with *Kali mur.*, to prevent exudation. If these two remedies are given from the first, little fear need be felt for the result. Cloths wrung out of *hot water* in which *Ferrum phos.* has been dissolved, should be frequently applied over the spot affected. They must be used as hot as can be borne. The diet should be light, such as is suitable for inflammatory conditions in general.

Ferrum Phos. and Kali Mur. Quickly Relieved.

I was called one afternoon to see a boy 7 years of age, who was suffering with a severe pain in the left side, just below the heart. He was unable to breathe without great pain. This condition had continued for three days before I was called. Respiration 40 per minute; temperature 103°; pulse 120. Tongue coated white, with yellow tinge; no appetite. It was evidently a true case of pleurisy. I prescribed *Ferrum phos.* and

Kali mur., in alternation each hour. The next morning he was playing about the house. Pulse, temperature and respiration normal; pain entirely gone; and the patient made a good recovery.

A Severe Case Cured in a Few Days.

I was called about midnight to see Miss G. R., age 20. I found her suffering with the symptoms common to an attack of acute pleurisy; high fever and intense pain in the left side of the chest. Gave her *Bryonia*, in water. Called the next morning: found the fever less, but pain not relieved; continued the *Bryonia*. Called at 4 P. M.: about the same, pain still severe; gave *Ferrum phos.* in solution. Called at 9 P. M.: the fever had abated and the pain was much less. Called the next morning; no fever and pain nearly gone. She continued to improve, and after a few days was up and about as usual.

(C. T. M.)

PNEUMONIA.

(Inflammation of the Lungs.)

CAUSES.

The principal cause is taking cold. Other causes may be: concussion of the lungs from blows or other injuries, or the determination to the lungs of an inflammatory condition from some adjacent organ. Breathing dry, cold air through the mouth, or overindulgence in animal foods and spirituous beverages, may be classed as predisposing causes.

SYMPTOMS.

Pneumonia, like most other inflammatory diseases, is ushered in with chills and shivering, followed by fever. Short and hurried breathing; short, dry, acute and painful cough; continuous hacking without expectoration

at the commencement, but afterwards attended with viscid sputa of a rusty or bright red color. This is a sure sign of lung inflammation, yet it is not invariably present. There is considerable tightness in the chest, and the cough is aggravated at every attempt to speak. The pulse is generally quick, full and strong at first, but in the last stages may be quick, weak and irregular. There is considerable loss of appetite, tongue parched and dark-colored, and the patient in severe attacks lies upon his back. If the disease is progressing favorably, the tightness of the chest will be relieved, and there will be a free expectoration of yellow matter. Unfavorable symptoms are a continued tightness of the chest, sinking spells, small, quick, but fine pulse, etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—In the first stage, for the shivering, fever, heat; rapid, oppressed breathing; dry, short, acute and painful cough; full, rapid pulse; tickling in the throat, etc. Also for the rusty or bloody sputa, and in alternation with *Kali sulph.* at the commencement, to establish free perspiration.

Kali Mur.—For the second stage; alternate with *Ferrum phos.*, to absorb the fibrinous exudations into the lungs. Cough, with white expectoration, or when the tongue has a thick white coating.

Natrum Mur.—If the *dry, tickling cough* is not relieved by *Ferrum phos.*, resort to *Natrum mur.* Also when there is loose, rattling, clear and frothy phlegm; cough with flow of tears; tongue covered with frothy bubbles of saliva, etc.

Kali Sulph.—Corresponds to the third stage of the disease; when there is wheezing and loose, rattling and

watery yellow mucus. Also in the first stage, in alternation with *Ferrum phos.*, to establish perspiration.

Calcarea Sulph.—In the stage of resolution, indicated with free and easy expectoration of pus and matter, sometimes streaked with blood.

Kali Phos.—Will be indicated in the later stages, with sinking spells, loss of strength, low, weak pulse, putrid conditions and brain symptoms.

Calcarea Phos.—Intercurrently through the course of the disease; also afterwards, to restore wasted tissues, give strength and tone up the system.

SUGGESTIONS.

As in other inflammatory diseases, *Ferrum phos.* and *Kali mur.* are the first remedies to be thought of, and will generally prove sufficient if given early and rapidly alternated. At the commencement, attempt to promote perspiration with *Ferrum phos.* and *Kali sulph.*, together with copious drinks of *hot* water, warm coverings, foot baths, etc. Wring cloths out of *hot* water in which *Ferrum phos.* has been dissolved, and apply to the chest. Poultices of flaxseed are also excellent. The diet should be light, such as for fevers in general—avoid meat. Absolute rest and quiet must be enjoined.

Made a Rapid Recovery.

I have a case of pneumonia in a man about 25 years old, a printer, who was taken sick on the 4th inst. His temperature, when I was called (May 6th), was 104.5°; pulse 120; had the usual symptoms of pneumonia, but an unusual amount of bloody expectorations; great pain in the left lung, with persistent hacking cough. I put him on *Ferrum phos.* and *Kali mur.*, one grain each every twenty minutes. By night his temperature was

reduced one degree. Each day his improvement was constant and rapid. I used no external applications in this case. This morning, May 11th, his temperature was 98.8°; pulse 68; no pain; appetite improved, began to want food. At this date it looks like he would have a rapid recovery. (W. E. KINNETT, M. D.)

Marked Improvement Within 24 Hours.

A case presented itself with the following conditions: extensive solidification; great pain; hard and exhaustive cough, with characteristic expectoration; little or no sleep. Was treated about ten days with *Acon.*, *Bryon.*, *Phosphor.*, etc., without improvement, and as the case was assuming graver proportions than I had had for years, I placed him on *Ferrum phos.* and *Kali mur.*, in alternation. In twenty-four hours a marked and amazing improvement resulted, which continued to the termination of the disease, with rapid convalescence.

(S. POWELL BURDICK, M. D.)

Ferrum Phos. Gave Immediate Relief.

Case of pneumonia of left upper lobe of lung, with well-marked crepitation and profuse expectoration of frothy, pink mucus; yellow, watery diarrhœa; green vomiting. *Laches.*, *Lycop.*, *and Phosphorus* did nothing. *Ferrum phos.* every two hours produced immediate improvement, although we considered her moribund—she had tuberculosis. (W. C. GOODNO, M. D.)

Speedily Cured the Case.

Dr. A. L. Fisher quickly relieved a child of lobular pneumonia, with high temperature, with *Ferrum phos.* *Kali sulph.*, given on account of thick, yellowish expectoration, speedily cured the case.

PREGNANCY.

Although this may be regarded as a most interesting period in a woman's life, yet it cannot be classed as a diseased condition. However, there are many little ailments which are liable to arise at this time, and which may cause considerable inconvenience if not promptly relieved with proper measures. For the nausea and vomiting of pregnancy, the reader is referred to the article on "Vomiting." Other diseases may be treated without regard to the existence of pregnancy, as there is nothing harmful in the composition of the *tissue remedies;* nothing which will create an abnormal condition. Every expectant mother should take the best possible care of her health and strive in every way to build up the system, both physically and mentally. She should cultivate regularity in all things, take proper out-door exercise, eat plain, but nourishing food, create a love for the beautiful as well as the practical, and, above all, remember that a human life is entrusted to her care to mould and fashion for a separate existence.

Perhaps we cannot lay too much stress upon the beneficial action of *Kali phos.* at this period. All of the nervous conditions arising from the generation of a new being are met by this wonderful cell-salt. It promotes cheerfulness, happiness and hope; and when its action is thoroughly understood, it will drive away much of the dread which often precedes expected parturition. Occasional doses for a month previous to labor will give vigor and tone to the system and insure a safe, easy confinement. Women who have previously given birth to diseased children can and should take treatment during the carrying period, to insure a strong and healthy child. The subject is too large to do it justice in a

work of this character, therefore the expectant mother is earnestly urged to procure such books as treat specially on this subject. Study them carefully, and then use the tissue remedies intelligently and according to the general indications as they may arise.

PRICKLY HEAT.

(See Skin, Diseases of.)

BIOCHEMIC TREATMENT.

Natrum Phos.—Itching all over the body, like insect bites, accompanied by acidity of the stomach.

Calcarea Phos.—Great itching, accompanied by excessive perspiration.

The Whole Body Covered with Heat.

An interesting case of prickly heat came under my observation recently. The case, a lady about 23 years old, had been a sufferer for several weeks, and had used lotions of acetate of lead and zinc, with no relief. The entire body was covered with the eruption, and gave a sensation as of insects crawling. Her stomach was somewhat deranged from indigestion. I gave her *Natrum phos.*, 3x, four tablets every three hours. She came back in three days, with no sign of the eruption whatever present. To say she was grateful, is putting it rather mild. (CHAS. F. WRIGHT, M. D.)

PROLAPSUS.

(See Falling of the Womb.)

PROLAPSUS OF RECTUM.

CAUSES.

This disease or accident is much more frequent in children than in adults, and is caused by straining at

stool or when passing urine. Relaxation of the muscular tissues met with in purging dysenteries, cholera infantum, etc., is a predisposing cause of this affection.

BIOCHEMIC TREATMENT.

The protruded portion of the intestine should be replaced by gentle pressure with the thumb, or thumb and forefinger, which have previously been thoroughly oiled. The patient should avoid straining as much as possible, and complete rest will be found beneficial.

The following remedies should also be carefully considered—they are given in the order of their importance: *Calcarea fluor.*, *Kali phos.*, *Ferrum phos.* and *Calcarea phos.* *Calcarea fluor.* is the chief remedy, and should be applied locally as well as given internally.

In a Few Days Cured by Calcarea Fluor.

Little Etta H., after a siege of bowel complaint, suffered from prolapsed rectum, the bowel protruding three inches at every stooling. I advised replacing the protuberance each time and a local application of *Calcarea fluor.* and vaseline; also *Calcarea fluor.* internally. In a few days the child was cured.

PUERPERAL FEVER.

(See Child-bed Fever.)

PULSE.

(See Heart, Affections of.)

RETENTION OF URINE.

(See Urinary Disorders.)

RICKETS.

CAUSES.

Rickets is a disease of the bones, due to a deficiency of the phosphate of lime. It may be derived from the

mother who, when carrying the child, has suffered from indigestion, or who has failed to take sufficient and suitable exercise. Or it may arise from defective nursing, improper food, damp or poorly ventilated dwellings, insufficient open-air exercise, etc.

SYMPTOMS.

The disease usually makes its appearance at one or two years of age, but is generally preceded by poor health. Its premonitory symptoms are: pale and sickly countenance; soft, flabby flesh; harsh, dry skin; fretfulness; irregular appetite and constipation or diarrhœa. As the disease advances the head becomes enlarged; the breast-bone projects and the abdomen is hard and tympanitic; the limbs are greatly emaciated; the muscles soft; and debility predominates. Later the joints become swollen and the spine deformed.

BIOCHEMIC TREATMENT.

Calcarea Phos.—Is the chief remedy in this disease, owing to the disturbance in the lime molecules. As it is indicated in all of the above symptoms, it would be superfluous to repeat them here. *Calcarea phos.* is preeminently a child's remedy, on account of the formation of cartilage into bone. In *any* of the ailments of infancy no mistake will be made if *Calcarea phos.* is prescribed.

Natrum Phos.—For non-assimilation of food, with acid symptoms. It also assists in the deposit of the phosphate of lime.

Silicea.—When there is profuse sweat of the head or offensive diarrhœa. In alternation or intercurrently with *Calcarea phos.*, the principal remedy.

Kali Phos.—For the extreme debility often accompanying rickets; also for emaciation, putrid-smelling diarrhœa, etc.

SUGGESTIONS.

Calcarea phos. is the principal remedy, and should be continued steadily for months and even years. When mothers have formerly given birth to rachitic children, this unfortunate occurrence has been prevented by treating the fœtus with *Calcarea phos.* through the maternal organism. A rachitic child should be kept in the open air as much as possible, and should receive a plain, nourishing diet. The apartments should be well ventilated and cleanliness observed. Although apparently paradoxical with the above, I have often suggested allowing the afflicted child to play out doors in the dirt or in a clean sand pile, and have invariably obtained good results. I have attributed these favorable symptoms to the absorption of inorganic materials from the soil.

If every parent could transport himself back to the days of his childhood and remember the delight he experienced while digging his bare, brown toes in the soft, warm sand, there would be sand hills dumped in every yard, and the children, while bubbling over with joy, would absorb the life and health-giving properties of the soil. Too many little feet are deprived of the sunlight, owing to the parents' pride and their ability to purchase shoes. Rich fathers and mothers, don't allow your child's health to suffer through a sense of false pride.

Almost an Imbecile—A Remarkable Recovery.

Lizzie M. was brought to the dispensary October 15th; 4 years of age; to all appearances an imbecile; her head

large, broad and flat, but the rest of the body undeveloped, like that of an infant, denoting her case to be that of a class of rickets; also curvature of the long bones, etc.; face pale and triangular; no teeth; the neck too weak to keep the head steady; constant movement of the eyes, showing no intelligence. The mother stated she seemed to be well enough until four or five months old, when she took fits till the end of the twelfth month. Since then she had scarcely grown any bigger; never had the power of holding anything in her hands; and if food was held to her, did not know it was for eating; had to be fed; never attempted to use her legs; could only sit when resting her elbows on the flat cross-bars of her chair. In bed she could not turn herself over. She had frequently been under medical treatment, but without benefit. The mother persisted in the statement that she had lost her first and second set of teeth. With little hope of doing good, I prescribed *Calcarea phos.* and *Kali phos.* in alternation, a dose every hour. In six weeks the mother brought her back. She was quite proud of her child. The change was marvelous, scarcely any rocking of the head, and as I turned over the leaves of the entry book, the little creature looked up wistfully, bent over and stretched out her hand to take hold of them. The remedies, *Calcarea phos.* daily, alternate doses of *Kali phos.* and *Kali mur.*, were continued another six weeks. The improvement has continued steadily; she nibbles crusts out of her own hands; the intelligence developing apace, she begins to say some words; can now stand holding by her chair, which she pushes before her and moves through the room. To crown all, she has cut two front teeth.

RHEUMATISM.

CAUSES.

It is now generally conceded that rheumatism, especially articular rheumatism, arises from an acid condition of the blood. The alkaline salts, from various causes, fall below their normal standard and allow the acids to predominate. The rheumatic pain is simply a cry of Nature for the deficient cell-salt.

Exciting causes of rheumatism are: sudden check of the perspiration, chill, damp, exposure to cold and wet, etc.

SYMPTOMS.

The symptoms vary according to the character of the rheumatism, whether chronic or acute, muscular or articular. In the acute, muscular and articular there is more or less intense pain, generally with swelling, heat and redness of the parts. There is always fever present, restlessness, alternating chill and heat, tenderness of the parts, increased rapidity of the pulse, etc. In the chronic form, in addition to many of the above symptoms, there is frequently present a feeling of stiffness and numbness, but with little or no fever.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is the first and chief remedy to be thought of in acute muscular rheumatism, for the pain, fever, heat, redness, quickened pulse—rheumatic fever. Rheumatism located in any part; pains are increased by movement; soreness and stiffness all over the body. If given frequently from the first, it is the only remedy needed.

Kali Mur.—Second stage of rheumatism or rheumatic fever, when swelling has resulted (alternate with *Fer-*

rum phos.). Tongue coated with thick, white fur. Swelling of the joints. Movement increases the pains. Chronic rheumatism, with swelling of the parts.

Natrum Phos.—One of the principal remedies in articular rheumatism, with sour-smelling perspiration or acid conditions; acid taste in the mouth; creamy-yellow coating on the tongue and tonsils. Either acute or chronic rheumatism.

Kali Sulph.—Useful when the pains shift suddenly from one place to another—"wandering" rheumatism. Pains are worse in a heated room or in the evening; feel easier in cool air.

Kali Phos.—Acute or chronic rheumatism, with stiffness of the parts or associated with nervous conditions; pains worse on beginning to move, but relieved by continual gentle motion.

Natrum Mur.—Chronic rheumatism of the joints, with cracking, or with characteristic watery symptoms.

Calcarea Phos.—Intercurrently in all cases; pains worse at night, in bad weather, with heat or cold or change of weather. Rheumatism with cold, numb sensations. Dropsical swelling of the knee or hip-joints.

Natrum Sulph.—Chief remedy in chronic gout. In the acute stage alternate with *Ferrum phos.* Rheumatic pains associated with bilious symptoms, and which are worse in wet weather.

Calcarea Fluor.—Enlargement of the joints from rheumatism.

Magnesia Phos.—Acute, sharp or spasmodic pains in rheumatism; excruciating, violent pains; alternate with the chief remedy.

SUGGESTIONS.

In the inflammatory stage, when fever is present, the diet should be light and unstimulating. In all cases it

should be tempered with moderation. If taken in time, *Ferrum phos.*, *Natrum phos.* or *Kali mur.* will generally be all that is necessary to complete a cure. The patient should be kept warm, and wrapping the affected limbs in cotton batting will be found beneficial in many cases.

Drs. Schuessler, Walker and others have lately begun to realize the importance of *Natrum phos.* in the treatment of rheumatism, especially articular rheumatism. It has long been suspected that one of the principal causes of the excessive pains in the joints was an acid diathesis. This, then, will account for the salutary action of *Natrum phos.* in this disease. I am, therefore, led to believe that it would be expedient to exhibit it as an alternate or intercurrent remedy in all cases of a rheumatic nature.

Cured After Repeated Failures with Other Remedies.

On January 11th I was summoned to attend a case of rheumatism. On questioning the patient, found he had had one attack some time before, which lasted three months, treated by an old school physician. On examination, found all the joints of the lower extremities very much swollen; very painful with the slightest movement; severe cough; tongue coated white; pulse 130; temperature 104½°. Gave him *Aconite* and *Bryonia*. On the following day found lower extremities somewhat better, but upper extremities found in quite the same condition as lower extremities day before. I then gave him *Magnesia phos.* and *Kali sulph.* in alternation every hour. On January 23d discharged him cured. (J. H. HOAG, M. D.)

A Quick Cure of Inflammatory Rheumatism.

April 23d was called to see a young man with inflammatory rheumatism; temperature 103½°; tongue coated

yellow; left wrist, right elbow, left knee, and right ankle swollen and painful; could not move. He had been the same way the year before, and when I went in he said: "I suppose this means six or eight weeks again." I called for two glasses, each half full of water. Into one I put *Ferrum phos.*, 3x, a teaspoonful, and ordered a teaspoonful of the solution every hour. Into the other I put the same quantity of *Kali sulph.*, and gave a teaspoonful every two hours. The next morning I was surprised to hear he was very much better, and on the fourth day he came in and paid his bill.

(L. E. Cook, M. D.)

Had Given Up All Hope of Recovery.

Mrs. ——, age 35. Had suffered several years with rheumatism. She had tried numerous physicians without relief, and had given up all hope of recovery. The joints of the fingers were very much enlarged and very painful; the pain also extended up the arm into the shoulder-joint, and was of a shifting nature. Hot applications aggravated; also worse during stormy weather. But the finger-joints were continually sore and very painful. I prescribed *Kali mur.*, 6x, and *Kali sulph.*, 6x, three doses of each daily. She noticed improvement from the commencement, and now I am happy to report the case cured by those two remedies.

(N. H. Haight, M. D.)

RING-WORM.

CAUSE.

This disease is chiefly propagated by contagion, but is frequently found in children of scrofulous, flabby, feeble or emaciated habit, if they be ill-fed, ill-lodged, uncleanly, or deprived of proper exercise.

SYMPTOMS.

These are so common that it would be futile to mention them here.

BIOCHEMIC TREATMENT.

Natrum Phos.—Internally and locally, several times each day.

SUGGESTIONS.

This disease is sometimes very troublesome, and some, thinking it of parasitic origin, believe that severe local applications are necessary. I have had considerable success with the use of *Permanganate of potassium*, a two per cent. solution, used as a local wash, once every alternate day till the affection disappears.

RUPTURE.

CAUSES.

Rupture is generally caused from some violent exertion, straining, heavy lifting, sneezing, coughing, etc. Although a predisposition to rupture may exist, owing to a weakened or relaxed state of the muscular system.

SYMPTOMS.

There are sometimes many incidental symptoms accompanying rupture, but the existence of a small, roundish, soft, elastic tumor, is sufficient to make a correct diagnosis. The parts most frequently the seat of rupture, are the navel, the groin, the scrotum, the labiæ pudendi, and the upper inside part of the thigh.

BIOCHEMIC TREATMENT.

Calcarea Fluor.—Is the principal remedy, to contract the relaxed and ruptured tissues.

Calcarea Phos.—Is also of great benefit, especially in rupture of the scrotum (give in alternation with *Calcarea fluor.*).

Ferrum Phos.—Should there be much pain, inflammation, heat, etc., *Ferrum phos.* will be indicated.

SUGGESTIONS.

Internal remedies will not *cure* rupture, as it is an injury, but they will greatly relieve the case, and with proper mechanical aid will cure in a majority of cases if the rupture is not extensive or if the patient is not too old. In cases of rupture, especially of the irreducible variety, a competent physician should be consulted at once. Recently many cases have been reported as cured by the hypodermic injection of medicines into the ruptured ring; but the author has had no experience with this method, and therefore can neither recommend nor condemn it. The internal and external treatment consists of external pressure on the ruptured part by means of elastic bandages or trusses, and the internal inhibition of properly selected remedies.

SCALD-HEAD.

Calcarea sulph., *Kali mur.*, *Kali sulph.* and *Natrum phos.* are the remedies in this disease, and must be chosen according to the characteristic discharges or color of the scales. See articles on "Skin, Diseases of" and "Exudations."

The internal remedy should also be used locally. Avoid the use of patent salves and greasy ointments.

Had Been Troubled Since Birth.

A little child, age 2 years. Had been troubled since birth by crustæ lactæ, or scald-head. *Calcarea sulph.*

and *Kali sulph.*, given alternate days, brought relief in a week—although she had been under the care of several physicians without beneficial results.

SCARLET FEVER.

CAUSES.

The pathology of scarlet fever is similar to that of measles, and is simply an effort of Nature to throw out of the system accumulations of irritant, organic matter. This matter has become non-functional, owing to the inorganic salts—the workers—falling below their normal standard. Just what local cause is responsible for the disturbance in the cell-salts is a matter of conjecture and some controversy, and as it is our purpose to speak only of the simple forms of scarlet fever, the subject will be left open for further investigation by the curious reader.

SYMPTOMS.

Like most all other eruptive fevers, this one is generally heralded by chilliness or spells of shivering, with a sense of weakness, nausea and sometimes vomiting. Following these symptoms, comes fever, thirst, headache, rapid pulse, sore throat, red tongue, drowsiness and, frequently (if the fever is extreme), bleeding of the nose. In twenty-four or forty-eight hours, numerous small red spots appear on the face, neck and chest, while the intervening skin retains its natural color. After a few hours this eruption extends over the whole body. About the third day the eruption changes to large, indefinitely marked patches, of a vivid hue. As the eruption appears, the inflammatory symptoms begin to subside. In from five to six days the rash disappears

and the skin scales off in large patches. Scarlet fever is liable to be confounded with measles, but a distinctive feature is the time when the eruption appears, the latter developing from the third to the fifth day, while the former appears in from twenty-four to forty-eight hours after the fever commences.

A characteristic symptom of scarlet fever is that upon pressure of the scarlet patches, by the finger, a white spot is left, which quickly disappears; but it sometimes happens that the eruptive symptoms do not appear, therefore the diagnosis must be made on the tongue, throat and other predominating symptoms.

BIOCHEMIC TREATMENT.

Ferrum Phos.—This is the first remedy to be thought of, for the fever, quick pulse, headache, shivering, sore throat, bleeding of the nose, and other initiatory symptoms. Alternate with *Kali mur.* or *Natrum mur.*

Kali Mur.—The chief remedy in scarlet fever, to control the disorganized fibrine. Given in alternation with *Ferrum phos.* it is usually sufficient to control simple cases of this disease.

Natrum Mur.—From the commencement or during the course of the disease, when there is vomiting of watery fluids, drowsiness and twitching, frothy bubbles of saliva on the edges of the tongue, or when that member is excessively dry. Alternate with *Ferrum phos.* and other remedies as indicated.

Kali Sulph.—To promote the development of the rash and peeling of the skin; to re-establish the eruption when suddenly suppressed. High temperature, dry skin and lack of perspiration.

Kali Phos.—Malignant cases, with putrid condition of the throat, symptoms of exhaustion, stupor, foul breath, nervousness, etc.

Calcarea Phos.—Intercurrently during the progress of the disease, and steadily when convalescence has begun.

SUGGESTIONS.

Epidemic or malignant scarlet fever is a serious disease, therefore, when practicable, a competent biochemic physician should be consulted. The vast majority of cases, however, may be successfully treated with the above remedies if intelligently selected. The after-effects of this disease are distressing, but will very rarely occur under biochemic treatment. The diet should be of the very lightest character suitable for fevers, and should be cautiously increased as improvement begins. Care should be taken to avoid sudden suppression of the rash until time for it to disappear. Sudden changes in temperature, or exposure to draughts must be prohibited. Small drinks of cold water are admissible if great thirst is present.

The Whole Family Cured in a Few Days.

In the spring of 1891 I was called to attend a family stricken with this disease. The sick ones included the mother, boy, girl and the baby. The disease was of the severe type and exhibited all the usual symptoms, high fever, quick pulse, etc.; and in the boy and girl, putrid throat symptoms. *Ferrum phos.* and *Kali mur.*, with occasional doses of *Kali phos.*, completely cured them all in a very few days.

A Hopeless Case Cured by Natrum Mur.

"A few days ago," writes the pastor in W., "two of my children had scarlatina, one of them being compli-

cated with diphtheria. The allopathic physician pronounced the latter case hopeless. That which frightened me most, was the complete insomnia day and night. The convulsions and typhoid symptoms did not yield to any remedy. I employed several remedies without result. At last, in looking over Schuessler's work, I found that *Natrum mur.* was the remedy indicated. I at once made use of it, but with little confidence. However, the result was striking; after the first dose, the child had a peaceful sleep, and slept quitely all night. I continued the remedy, and my child, declared hopeless, was cured in a few days."

SCIATICA.

(See Rheumatism.)

SYMPTOMS.

These are very concisely stated by Dr. Walker, and will be found below under *Kali phos.*

BIOCHEMIC TREATMENT.

Kali Phos.—The principal remedy in this disease. "Affection of the sciatic nerve, which extends down the back of the thigh to the knee; dragging pain; torpor; stiffness; great restlessness and pain; nervous exhaustion; lack of motor stimulus; moving gently for a little time gives relief."

Magnesia Phos.—Give in hot water for excruciating, spasmodic pains, in alternation with *Kali phos.*

Calcarea Phos.—Intercurrently, or if *Magnesia phos.* fails to relieve.

Natrum Sulph.—Alternate with the chief remedy, should symptoms of gout appear.

SUGGESTIONS.

The diet should be plain, but nutritious. Regularity of habits, early hours, proper exercise, etc., should be

observed. The disease is generally connected with some derangement of the digestive functions, and these should receive careful attention. As the disease is of a purely nervous character, such measures should be adopted as will occupy the mind and quiet the nervous system. Avoid anxiety, worry, anger, and cultivate cheerfulness and tranquillity of mind. Avoid also dampness and cold, as they tend to greatly aggravate the disease.

Pain Entirely Gone; Never Felt Better.

A lady had been suffering for two weeks from an intense pain, extending the whole length of the sciatic nerve of the left leg; slightest motion would cause cramping in the leg, such as to make patient cry out. Prescribed *Ferrum phos.*, 3x, and *Magnesia phos.*, 3x. Third day patient had only slight pain. On the sixth day said she never felt better in her life; pain entirely gone. (DR. RUSSELL.)

Magnesia Phos. Cured Without Much Trouble.

A man who had been washing sheep had sciatica, and could not lie down. All the sleep he got was in a chair, and hot applications to the right sciatic nerve alone relieved. *Magnesia phos.*, 30x, cured him without much trouble. (H. P. HOLMES, M. D.)

SCROFULA.

The symptoms of this blood disease are so extensive and varied that I deem it inadvisable to insert them here. I would advise, however, that a thorough diagnosis be obtained from a physician, after which the biochemic treatment may be followed if so desired. *Silicea*, *Calcarea phos.*, *Calcarea fluor.* and *Kali mur.* cover all the primary symptoms of scrofulous glandular enlarge-

ments, although it may be necessary to meet acute symptoms as they arise, by administering other remedies as indicated. *Calcarea phos.* and *Silicea* are the chief remedies in this disease, and some remarkable cures have been accomplished by their use. The reader is referred to the article on "Glands, Diseases of." There are many diseases which are commonly considered as "off-shoots" of this disease, therefore, it is sometimes very difficult to make a correct diagnosis. In the treatment of this affection, the reader is advised to exercise considerable patience, as the remedies should be continued for months, and sometimes even years, before the cure is completed.

SHINGLES.

(See Skin, Diseases of.)

SELF-ABUSE.

Calcarea Phos.—Is the principal remedy to supply vital losses.

Kali Phos.—For the mental and nervous symptoms.

Natrum Phos.—For impaired digestion and to tone up the general system.

SUGGESTIONS.

Persons prone to this habit should practice self-restraint; exclude from the mind all impure thoughts, and keep it occupied with mental exercises which tend to ennoble rather than to debase. Sleep on a hard bed; take cold baths; mingle with good society; engage in manly, out-door sports; eat unstimulating food; live in the present—in fact, *be a man*.

SKIN, DISEASES OF.

It is not our intention to notice, under this head, those skin diseases which have been mentioned elsewhere in this book, such as: erysipelas, boils, carbuncles, abscesses, chicken-pox, small-pox, etc. For information on these subjects the reader must refer to the respective headings. The biochemic pathology of all skin affections is simply an effort of Nature to throw off (by the skin route) accumulations of matter which, owing to circumstances, has become non-functional or foreign to the intended uses of the body. This matter is principally organic, and is rendered non-functional by a deficiency of workers, or inorganic cell-salts. The irritant matter is thrown out in many different forms, which simply indicate varying conditions and combinations of material. The phrase "*poor blood*," which is so frequently heard, is blood deficient in the elements which constitutes normal blood, therefore, allowing accumulations of non-functional matter. The *symptoms* of skin diseases will be found below under the following head:

BIOCHEMIC TREATMENT.

Ferrum Phos.—In the first stage of all skin diseases, for the inflammation, heat, pain, burning, etc.

Kali Mur.—Second stage of inflammatory conditions. Eruptions on any part of the body or limbs, when the contents are *thick and white;* generally accompanied with a white-coated tongue. Bunions, warts, corns, shingles, etc. Milk crust of little children, with flour-like scales and characteristic tongue.

Kali Sulph.—All eruptions of the skin, when the discharges are *watery, yellow and foul matter.* Dry skin; sudden suppression of eruptions; peeling of the skin with or without sticky secretions.

Natrum Mur.—All eruptions of the skin, when the contents or discharges are *clear and watery;* the tongue, generally, is clean, but with bubbles of saliva on the edges. Excessive dryness and cracking, or its extreme—weeping, of the skin. Salt rheum or any disease of the skin which may be traced to a deficiency or an excess of salt. Bites and stings of insects. Also apply locally.

Natrum Phos.—All skin eruptions, when the discharges are *creamy*, golden-yellow or colored like honey. Rose-rash, hives, itching all over the body like insect bites, sore patches on the skin, etc., if accompanied with symptoms of acidity and characteristic discharges. Note the creamy-yellow coating on the root of the tongue.

Kali Phos.—Eczema and eruptions of the skin, if accompanied with malignant conditions; offensive odor; exhausting perspirations; nervousness; secretions cause soreness; bloody, watery secretions, etc.

Calcarea Phos.—Skin affections, when the secretions consist of albuminous fluid (like the white of an egg before it is cooked). Diseases, when associated with anemic or chlorotic conditions. Itching eruptions; pimples on the face at puberty; freckles; excessive perspiration, especially about the head (*see Silicea*); scrofulous conditions, etc.

Calcarea Sulph.—Discharge of *thick, yellow matter* or yellowish scabs; follows *Kali mur.* Milk crust or scald-head of children—when the discharge is characteristic of this remedy.

Silicea.—Little boils on the skin or near the edges of the eyelids. Secretions are mattery, or blood and matter. Offensive odor and sweating of the feet. Perspiration of the head in children.

Natrum Sulph.—Eruptions, when the discharges are *yellowish and watery;* moist skin affections, with yellowish scabs or scales; chafing of the skin. Symptoms are generally associated with bilious conditions.

Calcarea Fluor.—Chaps and cracks of the skin; cracks in palms of hands (also locally in vaseline). Horny skin; suppurations, with hard, callous edges, etc.

Suspicions of Cancer Removed in Three Weeks.

Mr. M., aged 38. Sore on lower lip—had resisted treatment for three months. A clear diagnosis was not made, but there was suspicion of cancer. *Kali sulph.*, 3x, was dusted on the sore four times a day—also given internally; the effect was marvelous in its curative power. In three weeks the lip was well, and there has been no return of any suspicious symptoms.

(DR. BITTINGER.)

Natrum Mur. in Pemphigus.

I was called to prescribe for a case of pemphigus in a child a few months of age. The whole genital region was covered with watery blisters, from the size of a pea to that of a walnut. When punctured they exuded a thin, watery fluid. I put her under *Natrum mur.*, 6x. The improvement began almost immediately, and in a few days the blisters disappeared.

Infantile Eczema Cured in One Week.

Eczema in a child; on cheeks, chin, and behind ears; skin swollen and inflamed, and underneath it indurations. Pustules developed early. Cured in one week by *Kali mur.*, 6x, every four hours.

(D. B. WHITTIER, M. D.)

One Dose Ferrum Phos. Relieved the Erythema.

Lady; blonde; aged 20; ordinarily fair skin. Consulted the writer for erythema. For two days cheeks

were swollen, fiery-red and burnt like fire; no itching, eruption or roughness. One dose *Ferrum phos.* In thirty minutes the fiery redness was gone, and there was no return the cure being perfect.

(DR. BOARDMAN.)

Afflicted Eight Months; Cured in Two.

Julia C., aged 3. Eruption all over the face and on the hands, which are kept covered to prevent scratching; has been afflicted eight months and been under the best allopathic treatment without benefit. *Kali mur.* did not reach the case. I then gave her *Calcarea phos.* in solution. This remedy produced a change for the better in a week and, it being continued, cured the case in two months. (C. T. M.)

SLEEP.

Sleep is a natural and necessary function of the animal system. Any deviation from the normal must be considered as a symptom of disease, either transient or chronic. Dr. Walker says: "Sleeplessness, pathologically, is an abnormal condition of the brain-cells, kept vivified or awake by the blood supplied to them when it should be lessened by the contracting of the vessels supplying the brain, and shows loss of stimulating power of the nervous centers to cause muscular contraction of the vessels and diminished supply of blood to the brain. During sleep the brain is anemic and pale, and should be so. Sleeping draughts, morphia, etc., are dangerous and deadening in effect, and can produce death. *Kali phos.*, the true remedy, restores normal stimulating power in the gray nervous matter, and consequent contractions of the artery, which diminishes the flow of blood to the brain, and natural, healthful sleep results."

BIOCHEMIC TREATMENT.

Kali Phos.—This being the great nerve salt, it becomes the chief remedy in disturbances of sleep, when due to worry, mental overwork, sorrow, business troubles, excitement or other nervous causes. Yawning and stretching, somnambulism, restlessness, crying and screaming of children during sleep, frequent dreaming.

Ferrum Phos.—Sleeplessness, due to a relaxed or enfeebled condition of the muscular fibers of the walls of the blood-vessels, allowing an accumulation of blood on the brain. If from worry or excitement, alternate with *Kali phos*

Natrum Mur.—Excessive or constant desire to sleep; usual amount of sleep is unrefreshing; feels tired and languid in the morning; dribbling of saliva from the mouth during sleep; drowsiness or stupor in low fevers; excessive sleep, if traced to an excess of moisture on the brain.

Natrum Sulph.—Drowsiness or sleepiness, when the tongue has a grayish or brownish-green coating, bitter taste in the mouth, and other bilious symptoms.

Magnesia Phos.—Sleeplessness, when the brain feels as if it is contracted, arising from nervous causes A few doses will relieve.

SUGGESTIONS.

In order to have good, healthful sleep, the mind should be tranquil, the muscles perfectly relaxed, and the extremities warm. To observe these three conditions means more than at first appears, but if strictly followed will prove a blessing to those troubled with insomnia. Late suppers, for the majority of persons, is a pernicious practice, but some derive a benefit from

them. A glass of cold water, just before retiring, is beneficial. A steady course of the indicated remedy is frequently necessary to cure sleeplessness.

Kali Phos. Cured in a Few Weeks.

Dr. H. P. reports a case of sleeplessness, in connection with some other troubles. *Kali phos.* cured the sleeplessness in a few weeks.

Sleeps Well; Awakes Refreshed; Kali Phos.

Dr. J. H. King reports a case of sleeplessness in a woman. Could not go to sleep at night until 1 or 2 o'clock, and sleep was not refreshing; in the morning, upon arising, felt so "tired;" sleep disturbed by dreams; appetite poor; tongue coated brownish. *Kali phos.*, 3x, a powder night and morning. Did not see the case again for two weeks, at which time she said: "Oh, Doctor, I sleep so well now! go to sleep as soon as I retire, and wake in the morning feeling refreshed. My appetite is enormous, and all that nervousness is gone."

SMALL-POX.

CAUSE.

There is a great diversity of opinion in this matter, many contending that it is dependent upon transmission from one person to another; but when it is remembered that the first case of this disease could not have come by transmission, it must be admitted that it did, and can again, arise from causes confined to the patient and his environments alone. It is a well-admitted fact that filth of any kind, but especially that of the skin is inducive of small-pox. The biochemic pathology of small-pox is fully explained under "Skin, Diseases of," which article see.

SYMPTOMS.

Small-pox commences, like other febrile diseases, with chilliness and shivering, followed by fever, heat, rapid pulse, headache, pains in small of the back and loins, languor and faintness, pain in the pit of the stomach, increased by pressure.

Difficulty of breathing, coughing, wheezing and sneezing often accompany this ailment. The eruption first makes its appearance on the face, scalp and neck, about the close of the third day, and afterwards spreads over the whole body. At first the eruptions are small, red, hard-pointed elevations, "which in about three days present a bladder-like appearance, surrounded by an inflamed circular margin, and become depressed in the center as they enlarge. About the sixth or eighth day the watery secretion in the pustule becomes converted into matter, and the depression in the center disappears."

The pustule of chicken-pox very closely resembles that of small-pox, but in the former the depression in the center is absent, and the latter, when touched, appears to contain a small lump like a millet-seed. When the pustules are fully developed they burst and discharge their contents, often leaving a disfiguring pit or scar.

In severe cases (*confluent small-pox*) the foregoing symptoms are greatly aggravated, and are sometimes accompanied by others, such as convulsions and delirium. About the eighth day in simple cases, and the fourteenth in confluent small-pox, the pustules dry and form into scabs. The disease though of a very fatal type is often feared more from the consequent disfigurement than for its fatality.

BIOCHEMIC TREATMENT.

Ferrum Phos.—The first remedy in small-pox, for the fever, accelerated pulse, thirst, headache, pains in the back, loins and stomach, oppression of chest, etc. Give in alternation with the chief remedy.

Kali Mur.—Is the chief remedy in this disease, as it works with fibrine and controls the formation of pustules.

Kali Sulph.—Follows *Kali mur.*, to assist "scaling off" and promote the formation of new skin.

Calcarea Sulph.—When the pustules have ripened and are discharging matter.

Natrum Mur.—Low forms, when there exists stupor, drowsiness or salivation. Confluence of pustules; dry mouth and tongue.

Kali Phos.—Putrid conditions, stupor, exhaustion, foul-coated tongue, mental disorders, etc.

Calcarea Phos.—Intercurrently during the course of the disease, and steadily when convalescing.

SUGGESTIONS.

Cool and fresh air are of great importance in this disease; and the same may be said of cleanliness. The room should be kept as dark as possible—especially when the pustules are forming—to aid in preventing the risk of disfigurement. For this purpose many physicians adopt a mask or plaster for the face of different substances, such as gum, mucilage, calamine, etc. The application of oil or collodion has, also, been found beneficial in preventing the pock-marks. At the commencement of the case, and while the febrile symptoms are high, the diet should be of the lightest nature—usually recommended taken cold—and gradually increased

in nutritious strength as the disease declines. The patient must avoid scratching at all hazards, and if this cannot be prevented otherwise, the hands should be muffled. Other accessory measures are frequently adopted, but the foregoing will be sufficient to guide till the services of a physician may be obtained. For "Vaccination," see that head.

Favorable Reports of the Tissue Remedies in Small-Pox.

I am in receipt of a letter from Dr. M., of Muncie, Ind., who has had a number of small-pox cases during the epidemic in that city the past few months. He says: "I am exceedingly glad to be able to report favorably the action of the Schuessler tissue remedies in the cases of small-pox in which I have used them this summer. The cases, while rather severe while at their height, resulted more favorably under the tissue remedies that did those treated by my friends, who used many other drugs. *Ferrum phos.*, 3x, was prescribed for the febrile disturbances, followed by *Kali mur.*, 3x. The pustule formations were not so well marked as in some of the cases treated by others, while when they did suppurate, *Calcarea sulph.* seemed to abort the usual profuse discharge. I am well satisfied with the results, and think this dreaded disease can, if taken at once in the first stage, be handled without any difficulty, with a decreased mortality, with *Ferrum phos.*, *Kali mur.* and *Kali sulph.*"

(C. R. VOGEL, M. D.)

SORE THROAT.

(Including Various Kinds.)

BIOCHEMIC TREATMENT.

Ferrum Phos.—All inflammatory conditions of the throat, from any cause, need this remedy in frequent

doses; sore throat, with fever, pain, congestion, etc.; sore throats of speakers and singers, to reduce inflammation and strengthen the muscles. (*Compare Natrum mur.*)

Natrum Mur.—In inflammatory conditions of the throat, if *Ferrum phos.* fails to relieve, although indicated; the throat is dry or covered with a transparent, frothy mucus; sore throat, with watery symptoms; bubbles of frothy saliva on the tongue.

Kali Mur.—Second stage of inflammatory conditions, with swelling of the glands or tonsils, or white exudations; ulcerated throat, with grayish-white patches, tongue covered with a thick, white fur; diphtheria.

Calcarea Phos.—"Clergyman's sore throat;" constant scraping of the throat, with expectoration of phlegm, like the white of egg before cooking. Intercurrently in all chronic throat troubles.

Natrum Phos.—Throat affections, when the membranes are coated with creamy, golden-yellow mucus; raw feeling in the throat in the morning; acid conditions.

Calcarea Sulph.—Last stage of ulcerated sore throat and tonsilitis, when suppurating, thick, yellow matter, frequently mixed with blood.

Magnesia Phos.—Spasmodic throat affections.

Kali Phos.—Malignant or putrid conditions of the throat.

Natrum Sulph.—Sore throat, with feeling as of a lump in throat on swallowing.

SUGGESTIONS.

A gargle of the remedy indicated for internal treatment should be used quite frequently. In inflammatory

or catarrhal conditions, the gargle should be as hot as can be borne. Avoid "scraping" or hemming and hawking as much as possible. Cold compresses are of great benefit to weak throats, and also to prevent taking cold in the throat. In quinsy or tonsilitis, when the pain is severe, temporary relief may be obtained by the inhalation of steam.

Ferrum Phos. and Kali Mur. in Sore Throat.

Mrs. B. called at my office late in the evening to get medicine for her little girl. On questioning her I found that the girl had quite a high fever, accompanied with a sore throat, which was covered with white patches, as she called them. I insisted that it would be best for me to see the girl; but she said for me to put up the medicine, and if the child was no better by morning she would inform me. I gave *Ferrum phos.*, 3x, for the fever, and *Kali mur.* for the throat. I never heard from her for two weeks, when I met her on the street, and she said the child was all right; that it was so much better the next morning that she thought there was no use in reporting. (N. J. CARRIKER, M. D.)

SPASMS, CONVULSIONS, ETC.

CAUSE.

Spasms may arise from a great many causes, viz.: vicious habits; great fear; overtaxing the nervous or muscular system; worms; acid conditions; eating indigestible foods; too cold or hot drinks; spirituous drinks; teething; excessive dysentery, etc. The direct cause of all spasms is a deficiency of the cell-salt which controls the white fibers of nerves and muscles.

SYMPTOMS.

These are quite apparent, easily recognizable and unnecessary of mention here.

BIOCHEMIC TREATMENT.

Magnesia Phos.—This is the chief remedy for spasms of every variety and in any part of the body. Convulsions, twitchings, contractions, cramps, fits, lock-jaw, writers' cramp, twitching of facial muscles, spasmodic stammering, squinting, jerking of limbs, etc., etc.

Calcarea Phos.—After or in alternation with *Magnesia phos.* Spasmodic affections in teething children or in cases where the lime salts are at fault, generally indicated in anemic subjects or those suffering from bone diseases.

Kali Phos.—Fits, from fright, with pale or livid countenance.

Kali Mur.—Indicated in epileptic spasms—to prevent recurrence of the spasm. (*See Epilepsy.*)

Ferrum Phos.—For the febrile conditions which frequently accompany spasms.

SUGGESTIONS.

Magnesia phos. and *Calcarea phos.* are so closely allied that often it is advisable to give them in alternation, unless a clear diagnosis can be made. In teething spasms, *Calcarea phos.* should be given steadily during the intervals between the spasms. *Ferrum phos.*, also, will be necessary to keep the fever within proper bounds. In all classes of spasms give the *Magnesia phos.* in hot water and *very frequent* doses. In lock-jaw rub it into the gums. For all spasms, put the patient's lower extremities into hot water for a short time, then wipe dry and wrap in warm blankets; repeat several times if necessary. Forcibly stretching the rectal muscles is highly recommended to assist in "breaking" the spasm. See "Epilepsy, Chorea, Etc."

A Bad Case of Spasms Cured with Magnesia Phos.

I was called to attend M. Y., aged 2 years, who was in spasms. She had been in this condition nearly half an hour when I arrived. It was the worst case of spasms I ever saw. The limbs were drawn up and perfectly rigid; head drawn back, teeth set, face black, eyes crossed and staring, and she constantly uttered the most piteous cries. I had her placed immediately into a tub of hot water, and gave *Magnesia phos.*, 6x, in hot water. I was obliged to force the jaws apart in order to get the medicine down. I gave it from one to two minutes apart. The first spasm lasted a full hour before she relaxed. Then followed one after another in quick succession, but the severity was broken. The last one occurred one hour and a half from the time she was first taken. After the excitement was over, I found the pulse 140; temperature 105. She had been having bloody dysentery for three days, with stools every twenty minutes. She was also cutting her stomach and eye-teeth. With *Ferrum phos.* for the febrile symptoms, and other of the tissue remedies as indicated, she made a good recovery.

Thirty Spasms a Day—Calcarea Phos. Cured.

Dr. Fetchman reports an interesting case of a lady, who had been suffering for nearly five weeks from fearful attacks of convulsive spasms. As many as thirty attacks in twenty-four hours. She had had medical assistance, but without relief. He gave her *Calcarea phos.;* the next day he was surprised to find her walking about the room. She exclaimed: "Ah, doctor, my spasms are cured!" And so it was; she had no more.

Magnesia Phos. in Spasmodic, Convulsive Sobbings.

I was called to see a man who had been suffering for three days with spasmodic, convulsive sobbing. Injec-

tions of *morphia*, friction with *chloroform* and sinapisms were all of no use. It relieved for awhile, but they returned with more violence than ever. I gave him a powder of *Magnesia phos.* in a tumbler half full of water. After the second tablespoonful the sobbing ceased altogether, to the astonishment of all those present.

(DR. F., OF ALSO, HUNGARY.)

SPERMATORRHŒA.

This disease does not come within the limited scope of a domestic work. For particulars in individual cases, write the author.

ST. VITUS' DANCE.

(Chorea.)

(See Spasms, etc., also Epilespy.)

BIOCHEMIC TREATMENT.

Magnesia Phos.—This is the chief remedy for the spasms, involuntary movements and contortions of the limbs.

Calcarea Phos.—If the lime salts are at fault, or if *Magnesia phos.* fails to give relief. Intercurrently in scrofulous subjects.

Kali Phos.—For nervousness, restlessness, mental disorders, etc. Intercurrent with the principal remedy.

Silicea.—Spasms, distorted eyes, pale face—obstinate cases.

Natrum Phos.—If due to worms, or if acid symptoms are present,

Natrum Mur.—Chronic cases, if caused by suppression of eruptions; note the tongue symptoms indicative of this remedy.

Could Not Keep Still a Moment.

David P., aged 12. This case was the most fearful I ever saw during the thirty years I have practiced. Disease, St. Vitus' dance (chorea). It was simply impossible for him to keep still a moment—limbs and features distorted; sometimes he would fall to the ground in convulsions and gasp for breath—frothing and snapping—a devil in human form. Many said: "You can't cure that case, doctor." The treatment was *Magnesia phos.* and *Kali phos.*, fifteen grains in separate glasses, half full of water, to be taken in alternation, by sips, during the day. *Calcarea phos.* was also given intercurrently—eight grains every morning, in a little water. In six months he was dismissed cured, and for the last eight months has had no return.

(WM. CHAPMAN, M. D.)

A Distressing Case Cured in a Short Time.

Case of a child. Face and upper part of body affected; lateral and downward jerking of mouth; snapping of eyelids; sudden forward motion of head, and other irregular movements. Better during sleep; aggravated at stool and by emotions. *Ignatia* failed; *Magnesia phos.*, 3x, for three months, produced gratifying results, but did not fully cure. Acting on Dr. Schuessler's suggestion, *Calcarea phos.*, 6x, was given alternately with the *Magnesia phos.*: the former once daily; the latter twice. In one month the child was cured.

(D. B. WHITTIER, M. D.)

SUNSTROKE.

CAUSE AND TREATMENT.

Sunstroke is due to the sudden abstraction of moisture from the tissues of the brain, causing a dryness of the membranes.

Natrum mur. is the principal remedy in this disease, as it has the power of equalizing the moisture in the tissues. *Kali phos.* will frequently be found necessary, to control the brain symptoms, and *Ferrum phos.* for the febrile conditions. Should there be nausea, *Silicea* will be required.

SUGGESTIONS.

As a preventive, it is well to keep out of the sun's rays as much as possible during warm, oppressive weather. Also avoid drinking cold water when the body is overheated. When an attack is developed, give *Natrum mur.* and *Ferrum phos.* in alternation, very frequent doses. In regard to diet and general directions those applicable to "Fever" should be observed.

Natrum Mur.—No Unpleasant After-Effects.

On a stifling morning last July I was summoned to see a young man who had been "sunstruck." Patient unconscious; general convulsions; face flushed; breathing deep and labored; pulse rapid, though feeble. Inhalations of *Amyl nitrate* resuscitated him, and I then gave him *Natrum mur.*, 3x, every two hours for about one week. He recovered completely, with none of the usual unpleasant after-effects.

(FRANK E. MILLER, M. D.)

SWEATING OF THE FEET.

Some persons are much troubled with clammy sweating of the feet, which is not only annoying to the patient but to others, as the odor which is usually exhaled is very offensive. The most careful attention to cleanliness is insufficient to remedy the complaint, and an attempt to suppress the secretion is frequently met with dangerous results.

BIOCHEMIC TREATMENT.

Silicea.—Is generally the only remedy needed in this affection. Should be given two or three times per day. Should this treatment prove insufficient, *Natrum mur.* may be given and the feet bathed in a weak solution of salt once or twice per day. A meat diet should be discarded as much as possible and a vegetable diet substituted.

Silicea Cured the Sweats.

Mr. J., age 34, was troubled last summer with offensive sweating of the feet. It became so bad that something had to be done. I prescribed *Silicea*, morning and evening; also a salt water cold foot bath each night before retiring. Less than a week was necessary to make a complete cure, and there has been no return.

TEETHING.

It can hardly be said that teething is a disease, yet there are, frequently, so many attendant distressing symptoms that it becomes necessary to treat it as such. There are certain symptoms which are to be expected in every case of teething, but which are of small consequence; these are slight fever, flashes of heat alternating with paleness, swelling of gums, restlessness, peevishness and looseness of the bowels. Disease symptoms in the teething child is generally due to a deficiency of lime in the system. Nature draws upon the reserve supply of *Calcarea phos.* and creates a disturbance in the molecules of its nearest relation, viz., *Magnesia phos.* This gives rise to spasms, convulsions, etc. For the sake of brevity, the symptoms will be found grouped under the indicated cell-salts.

BIOCHEMIC TREATMENT.

Calcarea Phos.—Is the chief remedy in teething disorders, to supply material for the bony structure of the tooth. Too late or retarded teething. All ailments during teething if traceable to deficiency of lime. Open fontanels; slow in learning to walk; convulsions and spasms during teething. (*Also Magnesia phos.*)

Magnesia Phos.—Chief remedy for the convulsions and spasms, during the attack. Alternate with *Calcarea phos.* to remove the cause.

Ferrum Phos.—For fever; gums hot and inflamed, and other febrile disturbances.

Silicea.—When there is much sweat about the head, also in scrofulous subjects. Alternate with *Calcarea phos.*

Natrum Mur.—When there is excessive drooling of saliva from the mouth, whether asleep or awake.

Calcarea Fluor.—Will be needed if the enamel of the teeth is deficient; teeth decay easily. Alternate with *Calcarea phos.*

SUGGESTIONS.

If the expectant mother has previously borne children deficient in lime salts she should take occasional doses of *Calcarea phos.* during pregnancy to overcome this tendency. If teething is preceded by small, daily doses of this remedy it will generally forestall most of the troubles of this period. Should spasms or convulsions occur, *Magnesia phos.* may be given in hot water, and very frequently. For accessory measures see "Spasms, Convulsions, Etc." The diet of the teething child should be as light and unstimulating as possible.

Cut Other Teeth Easily; Calcarea Phos.

Daisy C., 18 months. Small and deficient in bone material, having cut but four teeth, and could not walk a step; very pale and nervous, fontanel open. Treatment: *Calcarea phos.* and *Kali phos.* was given every day in water. Report in two months after: Cut eleven teeth; fontanel closed; and could walk, having passed through her teething without the sickness usually accompanying such cases.

(WM. CHAPMAN, M. D.)

Ferrum Phos. Removed the Dental Irritations.

Child, 18 months old; hot skin; cheeks highly flushed; sparkling eyes; pupils dilated, and extreme restlessness and irritability. *Ferrum phos.*, 6x, in water every hour. The first dose had a decided quieting effect, the child going to sleep shortly after taking it. A few repetitions of the remedy entirely removed all dental irritations.

(WILDE.)

Hardly Recognized His Scrawny Patient.

Child, 18 months old; had cut but two lower lateral incisors and the molars of lower and upper jaw. Thin; poorly nourished; "pigeon-breast" chest; hard to learn to walk; general lack of bony development. *Calcarea phos.*, 3x, three times per day, thirty powders, corrected nourishment; prescribed codliver oil. Did not see the case again for three months, when I hardly recognized my scrawny patient. Had now all the incisors, the molars and the "stomach" teeth were beginning to show. (C. R. VOGEL, M. D.)

TETTER.

(See Skin, Diseases of.)

TOE-NAILS (INGROWING).

When the abnormal nail has caused swelling or proud flesh, *Kali mur.* will be needed, locally and internally. Suppuration needs *Silicea.* An accessory measure, and one which will in itself cure this painful affection, is to pare the end of the nail *straight across* (*not cutting the corners*); scrape with a piece of glass or sharp knife a seam down the center of the nail, and push a small piece of cotton under the offending portion. In a short time the corners will turn up and ride above the flesh.

TONGUE AND TASTE.

The color of the coating on the tongue usually indicates the remedy to be given; but in cases of chronic catarrh of the stomach, if an acute disease arises, the color of the tongue will not govern the choice of a remedy for the acute disease.

BIOCHEMIC TREATMENT.

Kali Mur.—Coating on the tongue, white or grayish-white, dry. *Heavy, white fur on tongue.* Inflammation of the tongue, for the swelling.

Ferrum Phos.—Inflammation of the tongue, with dark-red swelling; alternate with *Kali mur. Tongue red,* during disease, indicating inflammation.

Kali Phos.—*Coating like stale, brownish, liquid mustard;* excessively dry, with *bad taste* and *fetid breath.* In low fevers, dark-brown, very dry coating.

Natrum Mur.—*Tongue coated with clear, slimy or watery mucus;* also when small bubbles of frothy saliva cover the edges. Clean, moist tongue and excess of saliva.

Kali Sulph.—*Yellow, slimy coating on the tongue.* Sometimes with whitish edge. Insipid taste.

Natrum Phos.—*Creamy, golden-yellow, moist coating at the root* of tongue and on the tonsils; sometimes with *acid taste.*

Natrum Sulph.—Coating of tongue *dirty, brownish-green or grayish-green.* Slimy tongue, much thick, tenacious slime in the mouth. *Bitter taste,* indicating bilious derangement.

Magnesia Phos.—"Yellow, slimy coating" or red tongue, when there is much pain in the bowels and sense of pressure in the stomach.

Calcarea Sulph.—Inflammation of the tongue, when suppurating.

Calcarea Phos.—Tongue thick, stiff and numb. (*See Kali mur.*)

Calcarea Fluor.—For hardening of the tongue, after inflammation (*also Silicea*). Cracked appearance of the tongue, with or without pain.

SUGGESTIONS.

It is well enough to occasionally cleanse the tongue, for the sake of cleanliness, but to do so with the idea of curing the disease is simply foolishness. It is like the ostrich hiding its head in the sand when in danger, believing that its whole body is out of sight. The coating on the tongue is the result of a disturbed condition of the system, and until this disturbance is controlled, the coating will continue to appear. The use of severe drugs to "cut" the coating is almost entirely useless.

TONSILITIS.

(See Inflammation of the Tonsils.)

TOOTHACHE.

(See Teething.)

There are many causes of toothache, chief among which may be mentioned: inflammation of the gums or even the nerve itself, through taking cold; neuralgia of the nerve; ulceration of the membranes around the tooth; decay of the tooth, thereby exposing the nerve; stomach derangements; nervous affections, and sometimes a constitutional tendency.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Toothache from *inflammation of the gums or nerves.* Pains are relieved by cold and aggravated by heat applied directly to the tooth. Gums red, sore and inflamed.

Kali Mur.—For swelling of the gums or cheeks, when associated with toothache.

Magnesia Phos.—Neuralgic toothache, very intense pain, when heat (applied directly to the tooth) gives relief and cold aggravates. *Pain very intense and shooting along the nerve.*

Kali Phos.—Toothache in nervous, pale subjects or those worn out with great mental strains. Pains are better under pleasant excitement.

Calcarea Phos.—Toothache, when the tooth is decayed or when *Magnesia phos.* fails to give relief, though indicated. *Too rapid decay of teeth.* Toothache which is worse at night.

Natrum Mur.—Toothache, with pains resembling those of *Magnesia phos.*, but with *involuntary flow of tears* or excessive secretion of saliva.

Calcarea Fluor.—Toothache, with looseness of the teeth. Deficient enamel; teeth are sensitive to the touch of food.

Silicea.—Obstinate cases of toothache. Toothache, when ulcerating, pain is deep seated, pulling on the tooth gives relief. Toothache caused by sudden chill, suppressing of foot-sweat. Pains violent at night. Neither heat nor cold relieves.

SUGGESTIONS.

Those who are subject to recurring attacks of toothache should avoid the use of stimulants of any kind, very hot or cold drinks, sweetmeats, acids, etc.; also the continual use of metallic toothpicks. The teeth should be cleansed regularly after each meal. If decay appears, a competent dentist should be consulted at once, as delays are costly, not only to the pocket-book, but to the general health.

Suffered Great Pain, Magnesia Phos. Relieved.

While driving through the country, a lady stopped me to ask if I had my tooth forceps with me, as she wanted her tooth pulled. I did not. On removing her head-wrapping, I saw that her face was fearfully swollen and she was suffering great pain. Had not been able to sleep for two nights. I gave her twenty-five or thirty one-grain tablets of *Magnesia phos.*, and ordered her to take one every half hour until she was relieved. Two days after I learned that within two hours after commencing the treatment she had no pain. She was entirely relieved. (W. E. KINNETT, M. D.)

Ferrum Phos. Cured in a Few Doses.

Ella C. Toothache from taking cold. Throbbing, boring pain; tooth and gums very tender to the touch. *Ferrum phos.*, 6x, cured in a few doses.

TYPHOID AND TYPHUS FEVER.

As the two diseases have many points in common, and the biochemic treatment is the same in either disease, we propose to handle them both in the same article. Many have claimed that the disease commonly designated as typhoid on the Pacific coast is the true *typhus* fever; but not wishing to enter the discussion, we shall content ourselves with the observation that the disease, more or less prevalent in this climate, has been generally known as *typhoid fever*, unless very low and malignant symptoms of a typhus nature appear, when it is called typhus.

CAUSE.

To enter into a full discussion of the cause of these fevers would occupy too much space. There is a great variance of opinion; some adhering to the microbe theory, while others bitterly oppose it. It is a well-known fact, however, that impure air, living in densely populated neighborhoods, exhalations from decomposed animal and vegetable matter, stagnant water, improper food, great mental strains or, in fact, anything tending to depress the vital energies, is productive of this class of fevers. The biochemic theory of these diseases is similar to all others, viz.: a depressed vitality, causing a deficiency in one or more of the cell-constituents. The natural functions of the skin and eliminatory organs are interfered with, thereby allowing an accumulation of decaying organic matter, which acts as a poison to the system. Nature, in her effort to eliminate this foreign matter, increases the circulation, and the increased motion produces heat or fever. The heat, in its turn, destroys tissue cells, and thus the work of destruction proceeds. (See "Intermittent Fever.")

SYMPTOMS.

The premonitory and primary symptoms are as follows: first, a sense of chilliness, followed by uneasiness and fever. The patient complains of pains in the head, chest and abdomen. The pulse varies greatly, at times being full and soft, or quick and weak. As the disease advances, the tongue becomes thickly coated, dry, glazed and tremulous; there is headache, faintness and giddiness. This is at times followed by delirium, which takes the form of wandering, fancies and low mutterings. If the disease is allowed to take its natural course, all the above symptoms increase in malignancy; the discharges from the bowels become involuntary; the weakness excessive; the patient sinks to the bottom of the bed, and all efforts to arouse him are unavailing. There is at times tenderness and swelling of the abdomen. The symptoms in this disease are very irregular, some only of the above may be present, while in some cases many others may be added. These may consist of picking at the bed-clothes; stupor; convulsions; nervous twitching; impeded speech; great accumulation of sordes on the teeth; tremulous or paralytic state of the tongue; fetid odor from the body; offensive, dark, dysenteric stools; hemorrhages of blood from the bowels; involuntary evacuations of stools and urine; hiccough, etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—At the commencement of the disease, for the chilliness, fever, accelerated pulse, pains in the head and other organs, thirst, etc. During the progress of the disease, as long as inflammatory symptoms remain, or there is prostration and hemorrhages.

Kali Mur.—The chief remedy in this disease, in alternation with *Ferrum phos.*, for the febrile symptoms. Typhoid fever, with gray or grayish-white fur on the tongue or looseness of the bowels. Light-yellow stools; abdominal swelling and tenderness.

Natrum Mur.—In alternation with *Ferrum phos.*, at the commencement of the disease, to "check" the fever. Malignant symptoms, with watery vomiting, dry tongue, twitching, stupor, drowsiness, etc.

Kali Phos.—Malignant symptoms, especially those which affect the brain, causing temporary insanity. Weakness and debility. Putrid stools; sleeplessness; offensive breath; weak action of heart; sordes on the teeth; tongue very dry, coated like stale mustard, cleaves to roof of mouth. (*See Natrum mur.*) Hallucinations of the brain; inability to speak owing to dryness of the tongue.

Magnesia Phos.—For convulsions, jerking of the limbs, yellow, *shiny coating* of the tongue, with pain in the abdomen and sense of pressure in the stomach.

Natrum Sulph.—Coating on the tongue a dirty brownish-green and other bilious symptoms.

Calcarea Phos.—Intercurrently through the course of the disease. When the disease begins to decline, to promote the rebuilding of tissue.

SUGGESTIONS.

At the commencement of the disease, I should strongly advocate giving *Ferrum phos.* and *Natrum mur.* in alternation and in rapidly repeated doses. After the disease passes into the second stage, the *Natrum mur.* may be discontinued and the *Kali mur.* substituted. During the inflammatory stage the diet should be light

and unstimulating, the patient never being allowed to overload his stomach. Should there be a natural *craving* for certain articles of diet, it should be gratified to a moderate extent. When convalescence begins, great care should be observed not to overtax the physical powers, or a relapse may occur. In the treatment of typhoid or typhus fever, I strongly urge the use of copious injections of hot water per rectum. When the fever is high and the pulse quick, when the disease goes from "bad to worse," an injection of hot water will give marvelous results. If the bowels are costive, an injection will do the work without fear of the results of a cathartic; if diarrhœa is present, an injection will cleanse the unhealthy membranes and promote normal absorption. Patients treated in this manner, together with an intelligent use of the inorganic salts, will make rapid recovery and will escape the excessive emaciation so common in this disease. The indicated internal remedy should also be used in the injection. With the tissue remedies and proper hygienic measures, the terrors of this disease will be reduced to a minimum. In no class of diseases, treated with the biochemic remedies, has better results been obtained than in those under consideration. In one hundred and fifty cases treated by the author there were but five deaths; and of these five one refused to take nourishment and died of exhaustion, two were complicated with syphilis, and one died through neglect. Of the number cured, one only showed mental derangement during convalescence.

Other Doctors Declared There Was No Hope—Cured.

Mrs. B., aged 25. Had been sick for two weeks with typhoid fever; two prominent allopathic physicians had declared there was no hope. On being called

to the case, I found her so weak she could scarcely speak above a whisper; rapid, feeble pulse; emaciated; hollow-eyed; the bowels were quite tender and there were involuntary, watery evacuations every few minutes. I prescribed *Natrum sulph.* for the watery discharges from the bowels, and other bilious symptoms; *Kali phos.* for weakness, emaciation and septic conditions; *Ferrum phos.* for fever, etc. Gave them from one-half to one hour apart. As the stools changed, *Kali mur.* was given. Under this treatment improvement began at once, and continued to perfect recovery, astonishing her friends and the allopathic physicians.

Heavy Doses of Quinine Failed.

S. M., aged 20. Contracted typhoid fever. The doctor had given him heavy doses of quinine, but failed to "break" the disease. I found him in the second stage; pulse 98; temperature 102°; tongue heavily coated with a thick, brown, dry coating; sordes on the teeth; lips and tongue very thick and speech quite difficult; eyes and face swollen; thick, bloody deposit of mucus in the urine, and bowels constipated. I prescribed *Ferrum phos.*, *Kali phos.*, in the same solution, alternated every half hour with *Kali mur.* Also enemas of hot water in which had been dissolved a little table salt. By the end of the week the pulse and temperature were reduced to normal, the tongue cleaned, and convalescence began and progressed satisfactorily.

Rallied Under Kali Phos. and Soon Recovered.

Miss Nettie W., age 23. Suffered from typhoid fever. I was called in consultation; found the patient apparently in last stage of the disease, with the symptoms

usual in such cases. As other remedies had been tried and she seemed sinking, I advised *Kali phos.* in solution. Under the use of this remedy she rallied, and it was continued some days, with the result that she ultimately recovered. (C. T. M.)

ULCERATIONS.

(See Abscess and Exudations.)

BIOCHEMIC TREATMENT.

Kali Mur.—Ulcerations on any part of the body, when there is a thick, white, fibrinous discharge. Secretions mild, non-irritating. The tongue frequently shows a white coating.

Silicea.—Deep seated ulcers, affecting the periosteum. Ulcers secreting thin, foul, yellow matter. Fistulous ulcers. (*See Glands, Diseases of.*)

Calcarea Sulph.—Ulcers which continue to discharge too long or after infiltration has ceased—*after Silicea.* Secretions are pus-like, yellow matter. Third stage of suppurations resulting from wounds, bruises, burns, scalds, etc.

Ferrum Phos.—For the febrile conditions in ulcerations, heat, inflammation, pain, bleeding, etc.

Calcarea Fluor.—Ulceration of bone substance; discharge of thick, yellow pus and splinters of bone.

Natrum Phos.—Ulceration of stomach or bowels, with vomiting of sour, acid fluids, or of a dark substance like coffee-grounds. Also note color of tongue.

Calcarea Phos.—Intercurrently in all cases of ulceration, especially those of the bone.

SUGGESTIONS.

In all cases of ulceration, where possible, the indicated internal remedy should also be applied locally; either

dusted dry on the sore, or in solution with antiseptic dressings

Ulcers of Years' Duration Quickly Healed.

A girl came into my office who had sores on both legs running a thin, ichorous secretion, red, angry and painful, which had been bothering her for four years, breaking out, then scabbing over, partially healing, then taking on inflammation, so that sleep was disturbed; locomotion produced severe pains; in fact, the sores were seemingly very severe. I at once gave her *Silicea*, 6x, and *Calcarea phos.*, 6x, three doses each per day, bound up the limbs in flannel roller bandage, and in four weeks all the sores were healed and the patient well, cheerful and happy. (A. P. DAVIS, M. D.)

Indolent Ulcers Cured with Calcarea Fluor.

A. S., aged 16. For three years had indolent ulcers on the lower half of the leg, which was red and very much swollen. Three fistulous ulcers secreting a thick, yellow pus, and which have thrown off many splinters of bone. Pains principally at night. Emaciation; poor appetite. Frequent cough in morning, with thick, yellow expectoration and considerable weakness. Lungs normal. *Calcarea fluor.*, 6x, morning and evening for eight days, alternating with intervals of four days without medicine. Cured in five months. Externally, only glycerine. (DR. HUSEN.)

URINARY DISORDERS

(See Kidneys, Inflammation of, and Bladder, Incontinence of Urine, Etc.)

BIOCHEMIC TREATMENT.

Ferrum Phos.—Is indicated in all inflammatory conditions of the bladder and urethra, in the acute

stage. Wetting the bed from weakness of the muscles (*also Kali phos.*). Spurting of urine when coughing. Retention of urine from inflammatory conditions. *Constant urging to urinate*, often due to retaining the urine too long. Excessive secretion; urine high colored. (*See Natrum phos. and Kali mur.*)

Kali Mur.—Second stage of *all* inflammatory conditions of the bladder or urethra. Discharges of thick, white mucus in the urine. Dark-colored urine; deposit of uric acid, accompanied with liver inactivity (*also Natrum sulph.*).

Kali Phos.—Inflammatory conditions of the urinary organs, when accompanied with prostration. Excessive secretion of urine, due to nervous causes. Paralysis of the muscles, with inability to retain the urine. Scalding of parts where the urine touches. Passing of blood. Wetting the bed from weakness of the muscles.

Magnesia Phos.—Spasmodic retention of the urine. Gravel, for the excessive pain. Give in hot water.

Natrum Sulph.—Brick-dust like sediment in the urine, clings to the bottom and sides of the vessel. High-colored urine, when associated with bilious conditions. Gritty or sandy deposit in urine, indicating the presence of gravel.

Natrum Phos.—Incontinence of urine in children, when associated with worms or symptoms of acidity. Dark-red urine, with rheumatism. Gravel in the kidneys.

Natrum Mur.—Passing of large quantities of colorless urine, when there are characteristic symptoms present.

Calcarea Sulph.—Inflammation of the bladder, when pus is discharging.

Calcarea Phos.—Intercurrently in all chronic diseases of the urinary organs. Gravel, calculous or phosphatic deposit (*also Natrum sulph.*). Flocculent sediment. Inability to retain urine in old people. Passing of semen in urine (*also Natrum phos.*).

SUGGESTIONS.

In retention of the urine from spasmodic conditions, *Magnesia phos.* should be given quite frequently in hot water; also hot, moist cloths applied over the region of the bladder. In females, a vaginal, and in males a rectal, injection of hot water, or a hot sitz bath will often bring relief.

The chemical composition of the urine furnishes one of the best tests of the existence of organic disease; and it is often of the utmost importance that an analysis be made by a competent physician in order to detect at an early date the presence of any deleterious conditions.

Acute Cystitis, Made a Rapid Recovery.

Miss M., age 18. Very nervous character; gave way to a violent fit of anger, which caused prolapsus of the womb and acute cystitis. After suffering great pain for some time, the womb was replaced, but the cystitis remained. A vaginal injection of hot water and internal treatment wih *Ferrum phos.* and *Kali phos.* brought quick relief, and she made a rapid recovery. *Ferrum phos.* reduced the inflammation, and *Kali phos.* controlled the nervous symptoms.

Calcarea Phos. in Spasmodic Retention of Urine.

Dr. Cornelius, Oldenburg, reports a case of spasmodic retention of the urine. No urine was at first excreted; even the catheter failed to bring any away. *Magnesia phos.* was given, which relieved somewhat; some urine

was passed. In five days, no permanent or decided results being obtained from this remedy, Schuessler's advice was followed, and *Calcarea phos.* was given, which cured in one day. Some two months later, another attack came on, which was likewise immediately cured by *Calcarea phos.*, for on the following day the patient was well.

Enuresis for Ten Years; Now Has Perfect Control.

A girl age 10 years came to me October 3d. Father said she had wet the bed every night since her birth. Had been treated unsuccessfully by two allopaths. Patient could not hold water during the day; when desire came had to go at once; complained of pain in the left side, and pain in region of kidneys on lying down. Poor appetite; constipation. Gave *Ferrum phos.*, 3x, powder night and morning. On October 15th reported better; hardly wet the bed, only once since taking the medicine. November 5th, better; no enuresis. November 25th, all pain gone; feeling and acting well; has perfect control over bladder. (DR. A. P. HUBBARD.)

VACCINATION.

Vaccination against small-pox is resorted to in most civilized countries, and it is fitting that a casual notice should be made of it in this work. It is looked upon, by the vast majority of people, as the proper thing to do; indeed, it is quite fashionable, and one who dissents from the accepted view is considered heretical or *non compos mentis.* However, the author stands with the minority in condemning the procedure as unscientific, and it is with pleasure that we note the formation of large societies and the publication of journals against

the practice. It is true that its advocates have submitted columns of figures, apparently in its favor, but they have not satisfied the author. However, it is not my purpose to provoke a discussion of the question. It is a generally accepted procedure, and shall be treated the same as other "diseases," for disease it becomes, and at times very serious. Caution should be taken to secure none but the best lymph; and the practice of transferring from one member of the family to another should be condemned. The age of vaccination matters very little, as babes only half an hour old have been treated; but it is claimed that the best age is from six months to one year, and the best time in May or June. After vaccination care should be taken against "catching" cold, as it is likely to complicate matters. If there should be excessive swelling *Kali mur.* will be the remedy, in alternation with *Ferrum phos.*, for the inflammatory symptoms. *Kali mur.* is, also, the chief remedy for eczema or any other disease which may result from the use of bad vaccine lymph.

VARICOSE VEINS.

(See Veins, Diseases of.)

VEINS, DISEASES OF.

The veins are composed of three coats of muscular tissue. The muscular fibers of one of these coats are arranged circularly around the vessel; at times these circular fibers become relaxed, and dilatation of the vein takes place. This will frequently give rise to engorgement of the blood to different parts of the body, flashes of heat, etc. Varicose veins are caused in a somewhat similar manner. The veins are, also, provided with little valves, which at times become relaxed and give

rise to symptoms as stated. This relaxation is caused by a deficiency of *Calcarea fluor.* or *Ferrum phos.* molecules, and must be supplied in proper form to effect a cure.

BIOCHEMIC TREATMENT.

Calcarea Fluor.—Is the chief remedy in dilatation of the veins; varicose veins; varicose ulcerations, or relaxed conditions in general.

Ferrum Phos.—Is also a powerful vein remedy; although its best action is supposed to be on the arteries. Alternate with *Calcarea fluor.* when inflammatory symptoms are present.

Calcarea Phos.—Should be given intercurrently in all vein diseases.

SUGGESTIONS.

With varicose veins, varicose ulcers, etc., the patient should not be on the feet any more than necessary. Absolute rest should be enjoined. A rubber bandage or elastic stocking should be worn to aid the cure. In varicose ulcerations the remedy should be taken internally and also as a lotion on lint.

Calcarea Fluor. and Ferrum Phos. in Varicose Veins.

Mr. F., a young man, age 22, came to me for treatment. He was a mill hand and had in some way strained the blood-vessels of the arms. The veins were greatly dilated, and when the arm was allowed to hang down, the blood-vessels would stand out as big as pipe stems. If he attempted to work, he experienced great pain. I ordered rest and a rubber bandage. After three months he reported no improvement, and the bandage hurt him. I ordered a cotton bandage and bathing the arms in cold water. Also *Calcarea fluor.* and *Ferrum phos.*, a few

doses of each every day. The improvement was slow, but steady, and a few days since he reported that he could again go to work.

VERTIGO.

CAUSES.

Vertigo, giddiness or dizziness, may arise from a disordered stomach, determination of blood to the head, suppressed eruptions, bilious derangements, etc. In most cases it arises from disorders of the brain or stomach. It may also arise from relaxation of the veins, allowing an engorgement of blood, which causes pressure on the brain.

SYMPTOMS.

Dizziness, when riding in a carriage; on raising the head after stooping; with rush of blood to the head, causing blindness. Dizziness, when looking upward, after a meal, or with fear of falling, etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Vertigo or giddiness from rush of blood to the head, with throbbing pain and flushed face. Dizziness, when rising from stooping; after eating or with vomiting of undigested food.

Kali Phos.—Dizziness, when arising from nervous causes, weakness or anemic conditions; worse when rising or looking upward. Alternate with *Ferrum phos.*

Natrum Sulph.—Vertigo arising from bilious derangements; yellow-coated tongue and bitter taste, with jaundiced conditions, denoting an excess of bile in the system.

Calcarea Phos.—Dizziness, due to derangements of the stomach, with acid conditions or with non-assimilation of food.

SUGGESTIONS.

Applications of cold water to the head, or binding the head tightly with a bandage, is beneficial in cases where the dizziness arises from rush of blood to the head. The digestion should be carefully attended to and corrected if possible.

The diet should be light but nourishing, in order to strengthen the blood-vessels.

Treated for Years Without Success.

A woman, aged 64, came under my treatment, who had been for many years treated without success. She had taken steel-baths, a great many steel-pills and drops, and quinine. She complained of a severe vertigo, felt mostly on rising from a sitting position and on looking upward; she was constantly in dread of falling, and did not venture to leave her room. I gave her all the usual remedies without any benefit. At last I gave her two doses daily of *Kali phos.* I had the pleasure of seeing a rapid and decided cure following this. The patient can go out alone, even to distances, and is almost completely cured of her painful sensation of giddiness.

(FROM SCHUESSLER.)

VOMITING.

CAUSES.

Nausea and vomiting seldom occur as solitary symptoms, except when caused by errors in the diet. In this case, vomiting is most beneficial to eject the food which is irritating the stomach. But vomiting, generally, is a symptom of some other diseases, and is noted under their separate heads. The principal diseases or conditions which give rise to vomiting are: Pregnancy,

Sea-sickness, Worms, Indigestion, Dyspepsia, Coughs, Headaches, Cholera, Biliousness, etc.

BIOCHEMIC TREATMENT.

Ferrum Phos.—Vomiting of undigested food, sometimes with sour fluids. Vomiting of food with sick headache and at the monthly periods. Vomiting of bright-red blood which coagulates quickly.

Kali Mur.—Vomiting of dark, black blood or of thick, white phlegm. Vomiting, when the tongue is coated white.

Natrum Mur.—Vomiting of sour fluids and watery, transparent fluids. Water-brash. Fluids welling up in the throat, sometimes tasting sour or salty.

Kali Phos.—Vomiting of dark substances like coffee-grounds.

Natrum Phos.—Vomiting of acid fluids or curdy masses. Burning in the stomach (*heart-burn*). Note also the golden-yellow color on the back part of the tongue.

Natrum Sulph.—Vomiting of bile or bilious matter, with bitter taste in the mouth or other bilious symptoms.

Calcarea Phos.—Vomiting, due to non-assimilation of food; vomiting, recurring regularly at certain hours of the day or night. Vomiting of infants from poor digestion.

SUGGESTIONS.

The vomiting of pregnancy must be treated in a similar manner, *i. e.*, by symptoms and the nature of the matter vomited, although the treatment may not give such quick results as in vomiting arising from other ailments. If it is desired to produce vomiting in order

to empty the stomach of its contents, large draughts of lukewarm water will, generally, be found satisfactory and safe. It will, at times, be necessary to give the remedies in alternation; for example: in sick headache, with vomiting of food or acid fluids, *Ferrum phos.* and *Natrum phos.* must be alternated.

Natrum Mur. in Vomiting.

A very bad case of watery vomiting was cured by *Natrum mur.* Vomiting was incessant—not a thing could be retained on the stomach. A small powder of *Natrum mur.* was placed on the tongue — the effect was immediate. In ten minutes the dose was repeated, and the vomiting entirely ceased.

Vomited After Every Meal.

A young girl, about 18, consulted me for painless vomiting, which had existed for a long time, and occurred after almost every meal. Color of face and mucous membranes pale. Menstruation, scanty and delayed. Pregnancy was not present. I ordered *Ferrum phos.*, 6x. After a time I accidentally saw the patient again, and received the pleasing news that the vomiting had entirely disappeared from the commencement of the use of the remedy.

Periodic Vomiting Cured With Calcarea Phos.

Mrs. W., age 35. Vomited food every morning at 4 o'clock; no pains; hot water relieved. After trying a great many remedies, without good results, I gave *Calcarea phos.*, 6x, five-grain dose before retiring; cured in one week.

Magnesia Phos. in Persistent Vomiting.

W. J. Martin, M. D., reports a case of persistent vomiting, accompanied by pains in the abdomen, cured by *Magnesia phos.*, after the ordinary homœopathic remedies had failed.

The First Dose Stopped the Vomiting.

I was called one day to see Mrs. M., who had relapsed after confinement. I found her with very high fever, head engorged with blood, pulse 160, temperature 105°, and an incessant vomiting of watery fluids. Not even a spoonful of water could be retained for a moment. *Ferrum phos.* had been tried before I arrived, without a particle of relief. The tongue was "watery." I prescribed *Natrum mur.*, 6x, a small dose dry on the tongue. The first dose stopped the vomit; the remedy was continued and the trouble did not reappear.

WARTS.

(See Skin, Diseases of.)

WHITES.

(See Leucorrhœa.)

WHOOPING-COUGH.

CAUSES.

This disease is caused by an accumulation of fibrine and other organic matter, in connective tissue adjoining the bronchial tubes and also the glottis, and a thickening of the epiglottis. The salts that are found in connection with this organic matter have fallen below the standard in amount. A great deficiency soon arises in the cell-salt *Magnesium phosphate*—and, probably, *Calcium phosphate*—which causes a contraction of muscular fibers and produces the spasmodic cough.

This is peculiarly a disease of childhood. At times it works very lightly, but in the majority of cases it proves very distressing and in some cases fatal.

SYMPTOMS.

This disease is characterized by violent coughing in rapid succession, interrupted by long, whistling inspira-

tions, and, in young subjects, a loud, shrill whoop, with throwing off of a quantity of phlegm, or with a fit of vomiting. Sometimes the features swell and become livid and blood escapes from the nose, mouth or ears. Almost suffocation takes place, which lasts for several minutes. The attacks return every few hours, and more frequently in bad cases. The paroxysms come on more at night. During the intervals between the paroxysms the patient is apparently well, except a certain amount of weakness.

BIOCHEMIC TREATMENT.

Kali Mur:—Is the principal remedy, for the white-coated tongue or thick, white expectoration. Spasmodic cough similar to whooping-cough, but without the whoop. White, thick phlegm.

Magnesia Phos.—The chief remedy in whooping-cough, for the "whoop," paroxysms of coughing, etc. Long standing or chronic cases of whooping-cough (alternate with *Kali mur.*).

Calcarea Phos.—In obstinate cases, if *Magnesia phos.*, though indicated, fails; when the lime-salts are at fault; expectoration albuminous, like the white of an egg before it is cooked; also in anemic subjects.

Natrum Mur.—Expectoration is thin and clear, like water; flow of tears from the eyes.

Kali Sulph.—Expectoration is thin or ropy, yellow, and frequently slips back into the throat and is swallowed.

Ferrum Phos.—For vomiting or other discharges of blood during a run of whooping-cough. Also any other inflammatory conditions, fever, etc. Alternate with the remedy indicated by the expectoration.

Kali Phos.—Intercurrently in whooping-cough, for weakness, exhaustion, or in nervous subjects.

SUGGESTIONS.

Kali mur. and *Magnesia phos.* are the principal remedies in this disease, and should be given steadily and continued for some time.

If the paroxysms of coughing are very severe, give the *Magnesia phos.* in hot water. It is a good plan to give *Calcarea phos.* intercurrently in all cases of whooping-cough, and especially in anemic subjects. The diet should be light and easy of digestion. The expectoration (studied closely) is a good guide to the selection of a remedy in this disease. (See "Cough.")

The Family Physician Gave Her Up.

A little child, afflicted with the whooping-cough, was given up by the family physician. I heard this from the father, who was in great grief. He mentioned that the spasms, which occurred about ten times each day, were so severe that the little face became quite livid, blue and swollen. I at once gave *Magnesia phos.* One single powder moderated the spasms so forcibly that they returned only occasionally and the attacks were quite mild. The remedy was continued, and in a very short time the spasms and whoop were gone, and the child recovered rapidly. (FROM THE RUNDSCHAU.)

Soon Recovered Under Kali Sulph.

Child, age 18 months. In the last stage of whooping-cough, with blistered lips and mouth; black, thin, offensive stools five times a day; hard and tympanitic abdomen; wasted to a shadow, and given up to die by parents and physicians; got completely well from *Kali sulph.* (C. B. KNERR, M. D.)

WORMS.

CAUSES.

Worms are supposed to exist owing to the *lactic acid* in the system. Not that the worm lives exclusively on this, but *lactic acid* is a necessary ingredient for the continuance of its existence. *Natrum phos.* has the power of breaking up *lactic acid* into *carbonic acid* and *water*, and hence becomes an important remedy in worm troubles.

SYMPTOMS.

Worm symptoms are similar to lactic acid symptoms, and are, therefore, hard to distinguish. So true is this that some of the most able writers say we are never *sure* of worms being the cause of the symptoms, unless we *see the worms.* The usual symptoms are: acidity of the system; pain in the bowels; picking of the nose; paleness around the nose and mouth; variable appetite; itching of the anus; restless sleep; grinding of the teeth during sleep; red spots on the cheeks, etc.

BIOCHEMIC TREATMENT.

Natrum Phos.—Is the principal remedy for all kinds of worms; to destroy the *lactic acid*, as explained above. Should be continued for some time.

Kali Mur.—Small, white thread-worms, with itching of the anus, white tongue, etc. (alternate with *Natrum phos.*).

Ferrum Phos.—*Intestinal worms, with passing of undigested food;* also for the fever symptoms in all worm troubles; alternate with the chief remedy.

SUGGESTIONS.

Natrum phos. is the chief remedy in all worm troubles (3x is the best potency), and should be given steadily for

some time. For pin-worms, injections of the same remedy should be given (20 grains in a half pint of warm water). Itching of the anus is sometimes caused by *piles*, and should not be mistaken for worms. The diet should be nutritious, and may consist of ordinary food, with the exception of pastry, milk, candies and other sweetmeats, sugar, raw herbs, roots, in fact, anything which has a tendency to create an acid condition of the system. Plenty of exercise in the open air is of value, and should not be neglected. It is thought by some writers that those affected with *thread-worms* should not sleep with others, as there is a liability of transmission.

Made a Quick and Permanent Recovery.

A lady asked me to prescribe for her little girl who was ailing without apparent cause. I diagnosed worms, but was told that the other doctors had done the same and afterward changed their opinion. I however persisted in my diagnosis and prescribed *Natrum phos.*, 15 grains in a glass half full of water; made into several doses each day. On the evening of the third day I ordered an injection of salt water. The lady reported that hundreds of pin-worms were passed. I continued the *Natrum phos.*, added *Calcarea phos.*, and she made a quick and permanent recovery.

Spasms from Worms Cured by Natrum Phos.

A patient, boy aged 5 years, had spasms, and had been treated by several physicians without success. After using *Natrum phos.* for six weeks, three times a day, he passed four feet three inches of tape-worm, much to the astonishment of all interested.

(DR. A. C. KIMBALL.)

WRITER'S CRAMP.

(See Cramps and Spasms.)

This troublesome affection is caused by an overtaxing of the muscles of the hands, arms or fingers. It is almost exclusively confined to seamstresses, writers, violinists or pianists, and consists of a simple contraction of the muscles, due to prolonged use.

Magnesia phos. is the chief remedy, and, generally, the only one needed; however, the affection is, at times, aggravated by a rheumatic tendency, and should then receive *Natrum phos.* in alternation with *Magnesia phos.* It is very necessary that the strained muscles should be given absolute rest, if a radical cure is expected. Occasionally dashing the affected part into hot water is also helpful.

Magnesia Phos. in a Typical Case of Writer's Cramp.

Carrie W., employed in a large wholesale house, addressing envelopes, consulted me regarding what turned out to be a typical case of writer's cramp. After an unusual amount of work, she found that her hand became suddenly very tired, and she was compelled, during her subsequent writings, to rest her hand frequently. Then she noticed a cramping at the first three fingers, only slight at first, when it became so bad that she could not hold the pen. The cramping extended throughout the hand, and involved the entire right arm to shoulder in a trembling spasm, making it an entire impossibility to use the hand at writing at all, and she was compelled to give up her position. I prescribed *Magnesia phos.*, 3x, every two hours, bathed the arm in hot water twice daily, applying friction with a crash towel. This treatment was given for over two weeks, when she became so much better that she could again resume her posi-

tion. She used the hand only moderately, and a thick, though light, pen-holder. To-day, over six months after, has had no return of the spasm.

(C. R. VOGEL, M. D.)

YELLOW FEVER.

CAUSES.

The cause of *yellow fever* is the same as that of *malarial fever* (see "Intermittent Fever") viz.: excessive heat causes the moisture to remain humid in the air; it also relaxes the system and opens the pores. The *blood* then becomes overcharged with water, and as this happens to a less or greater extent we have *intermittent fever*, *cholera*, *yellow fever*, etc. Two and sometimes three things are necessary: *first*, heat; *second*, moisture; and sometimes *third*, a debilitated system. Yellow fever is prevalent only in torrid climates and during the hot season of the year. It is frequently epidemic on ships which have sailed in hot climates and where the passengers have been excessively crowded in the steerage, thereby vitiating the atmosphere.

Among a large number of exciting causes might be mentioned: living in hot climates or in places where there is a great deal of moisture; lack of cleanliness and ventilation, with the above conditions; "taking cold" when overheated; excessive indulgence in indigestible food, liquors, etc.; overexertion in the heat of the sun, etc. But the primary cause is excessive heat and moisture. Many have thought yellow fever to be caused by a *germ* floating in the air, and the State Board of Health of Louisiana, several years ago, were so imbued with the idea that they caused cannons to be fired in the streets of New Orleans, expecting the concussion to

kill the yellow fever germs and "stamp out the disease." This seems very absurd to us now, but there are many things in medicine, to-day, which go far beyond this.

SYMPTOMS.

The symptoms of yellow fever may properly be divided into three stages: *First stage*—High fever; great heat and dryness of the skin; strong throbbing of the arteries; rush of blood to the head; hurried and frequently labored breathing; flushed face; eyes heavy, and burn; tongue sometimes red, but usually white-coated, which soon changes to yellow; burning pain in stomach, with tenderness to touch; vomiting; pains in the head, back and legs; pulse variable, in some cases quick and strong, in others quick but low; urine is scanty, with bad odor; stools the same; spasms in the legs and abdomen, etc. *Second stage*—Several of the above symptoms have abated, and others have taken their place; the skin and eyes have a yellow tinge; delirium; glassy eyes; violent fits of vomiting of dark, bilious matter; the tongue is generally parched and discolored; soft, clammy skin, and frequent hiccough. *Third stage*—The pulse becomes weaker, irregular, but sometimes quicker; incessant vomiting, and unbearable pain in the stomach; the matter vomited resembles coffee-grounds, and is known as the black vomit; breathing more labored; tongue black or shrunk, dry and red; eyes hollow and sunken; discharges of blood from the orifices; urine dark-colored, involuntary and putrid; stools are black, and sometimes mixed with blood. The reader must not look for all of these symptoms in a single case, but they are typical of the disease. There are many more which may arise, but the above will be sufficient to mark the disease as yellow fever.

BIOCHEMIC TREATMENT.

Natrum Sulph.—Is the *chief remedy* for the yellow skin; greenish-yellow, brown or black vomit; coated tongue; dark discharges from the bowels; dark, putrid urine, etc. Give in the 3x trituration.

Ferrum Phos.—In alternation with *Natrum sulph.*, for fever, heat, rapid pulse, delirium, red urine or inflammatory conditions of any kind. Scanty urine.

Magnesia Phos.—For the spasms and severe pains in the abdomen, back and calves. Alternate with *Natrum sulph.*, the chief remedy.

Kali Phos.—Irregular, weak, low pulse; putrid conditions, delirium, etc.

SUGGESTIONS.

Natrum sulph., 3x or 6x, will prevent yellow fever by eliminating the excess of water in the system. During the attack, injections of hot water should be given to thoroughly wash out the colon and reduce the inflammation.

Other remedies than those mentioned above may be needed as corresponding symptoms arise. As, for example: *Kali mur.* or *Kali sulph.*, for hard, bloated abdomen, white or yellowish-coated tongue, etc.; *Calcarea phos.*, during convalescence, etc. (See "Typhoid Fever.") Give the remedies in small doses but quite frequently, and the *Natrum sulph.* should be in the 3x. In concluding this article, I wish to repeat and impress upon the reader the fact that *disease is only an altered state of the cells, due to a deficiency of one or more of the cell-salts.* It is not caused by germs, bacteria, poison, etc.—merely a disturbance of the tissue cell-salts.

APPENDIX.

VENTILATION.

A proper supply of pure, fresh air is essential to the preservation of health. Although life may not be destroyed suddenly by the breathing of impure air, still the vital energies are slowly impaired. Airy, well-ventilated sleeping-rooms should be ranked one of the most important accessories in the preservation of health and the prevention of disease. There are certain diseases in which the cause of death is due to an accumulation of carbonic acid gas in the blood, and this condition exists in a badly-ventilated sleeping apartment. The air of the apartment, if unchanged, becomes charged with carbonic acid gas, as well as other exhalations from the body, and is productive of many diseases of the most serious nature. If provision were made for the admission of fresh air and the escape of the impure air, the sleep would be lighter and more invigorating. In nearly every instance the door of the bed-room should be left open, and the upper part of the window let down a few inches, more or less, according to the state of the weather; care being exercised, however, in avoiding draught. Loss of appetite, headaches, sleeplessness and other effects, often attributed to overwork, will readily be overcome by proper ventilation.

POULTICES.

When the skin or deeper tissues are inflamed, especially when there is a tendency to suppuration present, poultices are recommended on account of the warmth

and moisture they convey. The tension is relaxed, perspiration promoted, and the pain thus relieved. Poultices, when applied too thickly, cause inconvenience and pain. It is best to apply thin, and cover with oil-silk or cotton-wool. In boils or abscesses, the poultice should at first extend beyond the area of inflammation; but after the discharge, they should be very little larger than the opening through which the matter is escaping. Poultices should be continued till the pain has subsided, or until the sore has begun to heal. Among the best poultices are:

LINSEED-MEAL POULTICES.

Pour boiling water into a bowl, and into this quickly sprinkle the meal with the one hand, constantly stirring with spoon or knife with the other, till a thin, smooth dough is formed. This should be spread upon linen cut to the required size, or put into a bag and applied. Linseed poultices are commendable on account of their heat and moisture-retaining properties.

BREAD POULTICES.

Put slices of bread into a bowl and cover over with boiling water; let stand for a few minutes, then pour off; repeat this process again, when the bread should be pressed, beaten with a fork, and made into a poultice. Where the skin is delicate or greatly inflamed, this poultice is preferable, being bland and non-irritating.

FOMENTATIONS.

Fomentations are employed for purposes similar to poultices, by means of flannel wrung out of boiling water. The hot flannel is placed in a towel and twisted

around till as much as possible of the water is squeezed out. If well wrung out, it can be applied hot without danger of scalding the skin. They are very often valuable adjuncts to poultices in arresting inflammations and relieving pain. To hasten the formation of pus, and expedite its passage to the surface, fomentations and poulices should be used in conjunction. After well fomenting, the poultices should be applied as hot as possible, and renewed as soon as they become cold. In pains in chest or abdomen, where the deeper structures are involved, quick and great relief often follows the application of hot fomentations.

BEEF TEA.

While there are many valuable and economical extracts of beef now on the market, still there are many persons who prefer to make their own, and for their benefit the following will found the best method:

HOW TO PREPARE BEEF TEA.

One pound of fresh beef, divested of all fats, bone and gristle, cut up into small cubes, should be placed in a Mason jar, adding a teacupful of water, the top screwed tightly, and jar put into boiler of cold water. Simmer for about five hours, when the jar should be removed and, when sufficiently cool, the cover unscrewed. After squeezing the meat, thirteen ounces of beef tea, three times stronger, and without loss of aroma, than that prepared in the ordinary way, will be obtained. Since experiments have proven that one pound of beef will yield five ounces of meat-juice, the extract can be more or less concentrated by regulating the proportion of water, from one-half to one teacupful.

HOW TO PREPARE ANIMAL FOOD.

It is to be regretted that so little is known, even among well-informed persons, as to the proper method of cooking animal foods so as to utilize their most valuable constituents.

STEWING.

This is the best method for preparing meat for easy digestion. The meat should be just covered with cold water, then heated up and kept simmering, not boiling, till thoroughly done; season to taste. The nutritive properties being diffused through the liquid and solid are ready to be served, and make a very palatable dish for the invalid.

SOUPS AND BROTHS.

If it be desirable to extract the nutriment so that it may be given in liquid form, the meat should be finely minced or chopped (the Perfection Cutter, an almost indispensable adjunct to the culinary department of every home, is the best means), put into cold water and after maceration for a short time gradually heated to a simmering temperature. Keep it at this point for half an hour if a broth be desired; should soup, however, be required, bring it to the boiling point and maintain there that the gelatine may be extracted to solidify the soup. Care should be taken that the minced meat be put into cold water and brought to the simmering point at first, and not into boiling water.

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